

## *Idiot's Kitchen Recipe – Chicken Milanese*

Recipe from [idiotskitchen.com](http://idiotskitchen.com) – Adapted from The Smitten Kitchen Cookbook



### Ingredients:

3 boneless, skinless chicken breasts halves  
¾ cup flour (GF flour is fine)  
2 egg whites  
4 Tablespoons Dijon mustard  
3-4 garlic cloves, minced  
2 teaspoons dried oregano  
1 lemon, zested  
2 cups breadcrumbs (panko or homemade – especially for GF)  
¼ - ½ cup olive oil  
Fresh baby arugula  
Salt & Pepper

Run a knife horizontally through the length of each chicken breast to cut it into 2 thinner cutlets. Place the cutlets in a ziplock bag or between waxed paper and pound to an even ½-inch thickness. Season the cutlets with salt & pepper.

Separate 2 eggs and place the **whites only** in a small bowl. Add 4 Tablespoons of Dijon mustard, 3-4 cloves of minced garlic, 2 teaspoons dried oregano, and the zest of 1 lemon. Stir to combine. (Save the lemon for dressing the arugula.)

Set up a breading station on 3 plates or shallow pans: 1 pan with ¾ cup flour, 1 pan with 1-2 Tablespoons of the mustard coating, and 1 pan with 2 cups of breadcrumbs.

Dredge a chicken cutlet in flour, shaking off any excess then place it in the second pan and spoon 1-2 Tablespoons of the mustard coating over both sides of the chicken. *Note: If you just dump all of the mustard sauce in the pan, you won't have enough for all the chicken pieces. It is best to measure it out piece by piece.* Lastly press the into the breadcrumbs on both sides. Place the breaded chicken on a rack and repeat with all of the cutlets.

Preheat the oven to 175° to keep the chicken warm.

Heat ½ inch of olive oil in a large non-stick skillet over medium high heat. When the oil is wavy or hisses when water hits it, place 2-3 breaded cutlets in the pan and cook quickly for 3-4 minutes. Flip the cutlets over and cook only 2-3 more minutes on the second side, or until both sides are golden and the chicken is cooked through.

Drain any excess oil off the cutlets on a paper towel and then place on a pan in the warm oven until you have cooked all the remaining cutlets.

Make a quick arugula salad by tossing fresh arugula (I plan on a big handful per cutlet) with a little olive oil (1-2 Tablespoons max) and the juice of the reserved lemon.

Place a warm cutlet on a plate and top with arugula salad.

(Optional parmesan cheese – either grated and added to the breadcrumbs or thin shards added to the top of the arugula salad.)

Serves 4-6 and is great leftover.