



CAESAR CRUNCH CHICKEN

with Parmesan Frico Roasted Veggies

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



¼ Cup | ½ Cup
Panko Breadcrumbs
Contains: Wheat



1 tsp | 2 tsp
Italian Seasoning



½ Cup | 1 Cup
Parmesan Cheese
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



6 oz | 12 oz
Green Beans



1.5 oz | 3 oz
Caesar Dressing
Contains: Eggs, Fish, Milk



HELLO

PARMESAN FRICO

This one-ingredient wonder adds a pop of cheesy flavor and crispy texture to roasted carrots and green beans.

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 540



THE MORE YOU KNOW

Why do we ask you to cut the carrots into “green-bean-sized pieces” in step 1? This way, the veggies will cook evenly and at the same pace when roasted.

BUST OUT

- 2 Baking sheets
- Peeler
- Medium bowl
- Paper towels
- Kosher salt
- Black pepper
- Vegetable oil (1 tsp | 1 tsp)
- Olive oil (2 tsp | 2 tsp)

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* Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust racks to middle and top positions and preheat oven to 425 degrees. Lightly **oil** a baking sheet. **Wash and dry all produce.**
- Trim, peel, and halve **carrots** lengthwise; cut into green-bean-sized pieces.



4 ROAST VEGGIES

- Meanwhile, toss **green beans** and **carrots** on a second baking sheet with a drizzle of **olive oil, salt, and pepper.**
- Roast on top rack until tender and lightly browned, 15-20 minutes.



2 MIX PANKO

- In a medium bowl, combine **panko, Italian Seasoning,** half the **Parmesan** (you'll use the rest later), a drizzle of **olive oil, salt,** and **pepper.**



5 MAKE FRICO

- Once **chicken** has roasted 10 minutes, remove sheet from oven. Evenly sprinkle remaining **Parmesan** into a 6-inch-wide circle on empty side of same sheet.
- Return to middle rack until chicken is browned and cooked through and frico is golden brown, 6-10 minutes.
- Set chicken aside to rest. Let **frico** cool until crispy, then transfer to a paper-towel-lined plate.
- **4 SERVINGS: Sprinkle Parmesan into two 6-inch-wide circles.**
- **TIP: Keep a close eye on frico to avoid burning.**



3 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season with **salt** and **pepper.** Place on one side of prepared baking sheet.
- Evenly brush tops of chicken with a thin layer of **Caesar dressing** (save the rest for serving). Mound coated sides with **panko mixture,** pressing to adhere (no need to coat the undersides).
- Roast chicken on middle rack for 10 minutes (you'll add more to the sheet then).



6 SERVE

- Break **frico** into bite-size pieces; toss with **green beans** and **carrots,** then divide between plates with **chicken.** Drizzle remaining **Caesar dressing** over chicken (or serve on the side for dipping).