

Parmesan-Crusted Chicken

with Kale Caesar Salad & Toasted Hazelnuts

To update the classic chicken Caesar salad, we substituted hearty and healthy Lacinato kale, also known as Dinosaur kale. Known for its firm, dark green leaves, we love how this trendy vegetable's slightly bitter flavor complements the intense Caesar dressing. In addition, the lightly breaded chicken and toasted hazelnuts add a flavorful crunch.



Ingredients

- 1 Clove Garlic
- 1 Bunch Lacinato Kale
- 1 Celeriac
- 1 Lemon
- 1 Tablespoon Honey
- 1 Tablespoon White Wine Vinegar
- 2 Chicken Breasts, Skinless
- 2 Ounce Grated Parmesan Cheese
- 1 Cup Milk
- ½ Cup Panko Breadcrumbs
- ¼ Cup All-Purpose Flour
- ¼ Cup Mayonnaise
- 3 Tablespoons Hazelnuts

Makes 2 Servings

About 700 Calories Per Serving



Instructions

1



Prepare your ingredients

Preheat the oven to 375°F. Wash and dry the fresh produce. Peel and mince the garlic, smashing until it resembles a paste. Cut the kale into medium-sized ribbons. Peel and cut the celeriac into matchsticks. Place the celeriac in a bowl with the **white wine vinegar** and the **honey**. Cut the lemon into wedges.

2



Pound & bread the chicken:

Cover each **chicken breast** with a sheet of plastic wrap (or place in a plastic bag). Using a flat mallet or heavy skillet, pound them to about a ½-inch thickness. Place the **milk**, **flour** and **panko breadcrumbs** into 3 separate dishes. Add **half of the Parmesan cheese** to the Panko and mix well. Working with each breast one at a time, completely cover the chicken with a layer of flour (shaking off the excess), then milk (letting the excess drip off), then panko-parmesan mixture.

3



Cook the chicken:

Generously coat the pan with ¼-inch of oil and heat on high until hot. When the oil is hot enough that a piece of breading immediately sizzles when added to the pan, add the **breaded chicken**. Reduce the heat to medium-high and cook 2 to 4 minutes per side, or until golden brown and cooked through. Remove the chicken from the pan, letting the excess oil drip off, and place on a paper-towel-lined plate to cool; season with salt and pepper immediately.

4



Toast the hazelnuts:

Place the **hazelnuts** on a sheet pan and toast in the oven for 3 to 5 minutes, or until warm and fragrant. (Be careful as they burn easily.) Place the toasted hazelnuts in a clean kitchen towel, fold over, and rub the hazelnuts with the towel until the skins come off. Roughly chop the peeled hazelnuts in half.

5



Make the dressing:

Combine the **mayonnaise**, **juice of the lemon**, **garlic** and **half of the remaining Parmesan cheese**. (Reserve some cheese for the salad.) Slowly whisk in about **1 tablespoon olive oil** until well combined; season with salt and pepper to taste.

6



Make the salad & plate your dish:

When cool enough to handle, chop the chicken into bite-sized pieces. In a large bowl, combine the **chopped chicken**, **kale**, **remaining Parmesan cheese**, **all but a pinch of the celeriac** and **hazelnuts**. Add some of the dressing (you may have extra dressing) and toss to coat thoroughly; season with salt and pepper to taste. Divide the salad between 2 dishes. Garnish with the remaining celeriac and hazelnuts. Enjoy!