



Chicken Milanese with Salsa Rosa

 Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces arugula washed and stemmed (8 cups)
- 4 servings pepper black freshly ground
- 2 cups bread crumbs dried fine
- 2 eggs
- 2 cloves garlic thinly sliced
- 1 optional: lemon quartered
- 4 servings juice of lemon fresh for drizzling
- 1 tablespoon olive oil

- 2 tablespoons olive oil plus more for brushing peppers
- 4 servings olive oil extra-virgin for drizzling
- 4 servings olive oil for frying
- 1 tablespoon oregano leaves fresh chopped
- 0.5 cup parmesan freshly grated
- 4 servings parmesan wedge
- 2 tablespoons parsley leaves fresh italian minced
- 4 servings several grinds pepper black
- 12 large bell peppers red
- 1 tablespoon red wine vinegar
- 4 servings salt and pepper black freshly ground
- 1 teaspoon sea salt
- 1.5 teaspoons sea salt
- 4 servings sea salt
- 4 serrano chiles
- 2 ounce chicken breast boneless skinless
- 1 cup tomato purée fresh
- 0.5 cup unbleached flour all-purpose

Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- plastic wrap
- aluminum foil
- broiler
- rolling pin

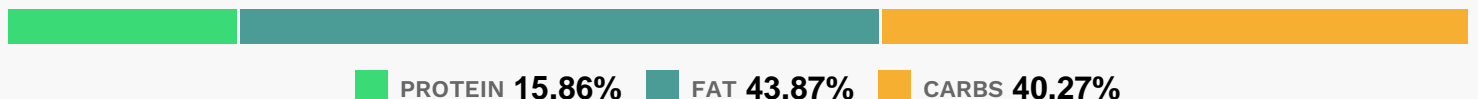
- tongs
- peeler
- meat tenderizer

Directions

- Preheat oven to 350 degrees F.
- With a meat mallet or a rolling pin, pound the chicken cutlets between sheets of plastic wrap to 1/8-inch thickness. Season the cutlets with salt and pepper and press the seasonings into the meat with your fingers.
- Combine the bread crumbs, cheese, parsley, salt, and pepper in a small bowl. Work in the olive oil by hand, then spread the mixture on a dinner plate.
- Spread the flour on another dinner plate. Break the eggs into a shallow bowl and beat lightly. Dip the cutlets in the flour, coating both sides and shaking off the excess. Then dip in the egg, letting any excess drip back into the bowl. Finally, coat the cutlets on both sides with the seasoned bread crumbs, pressing them into place. As each cutlet is coated, place it on a tray. Cover the cutlets and refrigerate until you are ready to fry them.
- Heat a large skillet over high heat until very hot.
- Add olive oil to a depth of 1/4-inch. When the oil is almost smoking, add as many cutlets as the skillet will hold comfortably; do not crowd the pan. Cook until the cutlets are golden on the bottom, about 1 minute. Turn and cook on the second side about 30 seconds to 1 minute longer. With tongs, lift the cutlets as they are done, allowing any excess oil to drain back into the skillet, and transfer to cookie sheet lined with paper bag to drain excess oil. Repeat with the remaining cutlets.
- When ready to serve, place chicken cutlets on cookie sheet to finish cooking, about 2 minutes.
- Place the arugula in a large bowl.
- Drizzle with enough extra-virgin olive oil to coat the leaves lightly.
- Add a squeeze of lemon and some salt and pepper. Toss, taste, and adjust the seasoning.
- Divide the cutlets among 4 plates, placing them in the center. Spoon a little Salsa Rosa on each side of the cutlets. Mound the arugula salad on top. With a vegetable peeler, shave a little Parmesan on top of the salad.
- Michael's Notes: If you like my version of Chicken Milanese, and I know you will, try the same method on pounded veal, turkey breasts or on very thin swordfish steaks.

- Preheat oven to 450 degrees F.
- Line a baking sheet with aluminum foil.
- Brush the bell peppers lightly with olive oil and place on the baking sheet.
- Bake, turning every 10 to 15 minutes, until the peppers are blistered all over, about 30 minutes total.
- Transfer the peppers to a brown paper bag, and close tightly so they steam as they cool. You can roast the peppers under the broiler or over a gas flame, if you prefer, but I like to do them in a hot oven. It takes a little longer, but you don't have to monitor them as closely.
- While peppers are steaming, heat the 2 tablespoons olive oil in a small skillet over high heat.
- Add the whole chiles, lower the heat to moderate, and cook, turning occasionally, until the chiles are softened, lightly browned, and blistered on all sides, about 8 to 10 minutes.
- Remove the skillet from the heat and let the chilies cool in the oil for several minutes. When cool enough to handle, remove the stems.
- Add more oil to the skillet, if needed, to make 2 tablespoons. Reheat the oil over moderate heat and add the garlic. Cook until lightly browned, about 30 seconds, then add the oregano and saute briefly to release its fragrance.
- Add the tomato puree and salt, bring to a simmer, and simmer for about 5 minutes to thicken slightly.
- Remove peppers from bag, peel and remove the stems, seeds, and ribs; avoid the temptation to rinse the peppers, which would wash away flavor. You should have about 4 cups.
- Combine the red peppers, serrano chiles, and tomato sauce in a blender and puree until smooth.
- Add the vinegar and the black pepper to taste and puree again. Taste and adjust the seasoning. Refrigerate for up to 5 days or freeze for up to 4 months.

Nutrition Facts



Properties

Glycemic Index:95.38, Glycemic Load:16.03, Inflammation Score:-10, Nutrition Score:58.958695805591%

Flavonoids

Eriodictyol: 6.5mg, Eriodictyol: 6.5mg, Eriodictyol: 6.5mg, Eriodictyol: 6.5mg Hesperetin: 9.7mg, Hesperetin: 9.7mg, Hesperetin: 9.7mg, Hesperetin: 9.7mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 3.83mg, Luteolin: 3.83mg, Luteolin: 3.83mg, Luteolin: 3.83mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 10.08mg, Kaempferol: 10.08mg, Kaempferol: 10.08mg, Kaempferol: 10.08mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg

Nutrients (% of daily need)

Calories: 906.41kcal (45.32%), Fat: 45.78g (70.44%), Saturated Fat: 12.57g (78.54%), Carbohydrates: 94.54g (31.51%), Net Carbohydrates: 77.93g (28.34%), Sugar: 29.59g (32.88%), Cholesterol: 119.81mg (39.94%), Sodium: 2820.9mg (122.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.47%), Vitamin C: 667.11mg (808.62%), Vitamin A: 17120.86IU (342.42%), Vitamin K: 119.89µg (114.18%), Vitamin B6: 1.88mg (94.13%), Folate: 374.73µg (93.68%), Vitamin E: 13.87mg (92.49%), Manganese: 1.53mg (76.42%), Calcium: 745.85mg (74.58%), Vitamin B1: 1mg (66.58%), Fiber: 16.61g (66.44%), Phosphorus: 657.11mg (65.71%), Vitamin B2: 1.07mg (62.87%), Vitamin B3: 12.21mg (61.05%), Selenium: 41.23µg (58.9%), Potassium: 1784.66mg (50.99%), Iron: 8.86mg (49.24%), Magnesium: 148.95mg (37.24%), Vitamin B5: 3.19mg (31.86%), Zinc: 4.15mg (27.65%), Copper: 0.53mg (26.39%), Vitamin B12: 0.92µg (15.39%), Vitamin D: 0.67µg (4.44%)