# Chicken Scaloppini with Hazelnut Whipped Butter

Arguably one of our favorite Italian recipes. With thin chicken breast coated with a hazelnut and breadcrumb crust, egg noodles, sautéed spinach, crispy capers and hazelnut whipped butter, it's comfort food taken up a notch.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

EQUIPMENT
- Large Skillet
- Saucepan
- Meat tenderizer (or small pot)

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS
- Chicken Breast
- Hazelnut Crust
- Egg Noodles
- Hazelnut Whipped Butter
- Spinach
- Capers

## Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you yellow squash instead of egg noodles, reducing the **carbs per serving to 14g**. Skip step 1, then before step 5, heat 1 TBSP oil in the skillet on medium high heat. Cook the yellow squash until it starts to brown, about 2-3 minutes. Remove from the pan and set aside and then continue with adding the spinach and the rest of the recipe instructions as written.

**Our cage-free chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg…*ever.*

## Good To Know

**Be sure to generously season your chicken** with salt and pepper before cooking. We recommend using ¼ tsp of each.

**Health snapshot per serving** – 795 Calories, 36g Fat, 71g Protein, 49g Carbs, 19 Freestyle Points

**Lightened-Up Health snapshot per serving** – 565 Calories, 20g Fat, 29g Carbs, 11 Freestyle Points with half the egg noodles and half the Hazelnut Whipped Butter

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken Breast, Egg Noodle, Spinach, Hazelnuts, Capers, Butter, Hazelnut Oil, Panko Breadcrumbs, Pecorino Romano, Black Pepper, Oregano, Basil, Onion, Paprika.

meez meals

1. **Getting Organized**
   Put a saucepan of water on to boil.

2. **Prep the Chicken**
   Very loosely wrap each **Chicken Breast** in saran wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size.  Generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

   Spread the **Hazelnut Crust** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

3. **Cook the Pasta**
   As soon as the water is boiling, add the **Egg Noodles** with a generous sprinkle of salt. Cook until the noodles are al dente, 5 to 6 minutes. Drain very thoroughly and return to the now empty saucepan with the heat off.  Add <u>half</u> the **Hazelnut Whipped Butter** and stir until the butter is melted and has coated the noodles. Set aside until step 6.

4. **Cook the Chicken**
   While the pasta is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat.  When the oil is hot, add the chicken to the pan and cook, without moving, until the sides brown, about two minutes.  Flip and continue cooking until other side is brown as well, about two more minutes. Transfer the chicken to a cutting board and top with the remaining Hazelnut Whipped Butter. Set aside to rest for 5 minutes.

5. **Cook the Spinach and Capers**
   While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over medium high heat. Sauté the **Spinach** until it starts to wilt but is still green, about 2 to 3 minutes.  Transfer the cooked spinach to the saucepan with the drained egg noodles and mix well. Do not wipe out the skillet.

   Drain the **Capers** of any excess liquid and add to the now-empty skillet.  Cook over medium-high heat, undisturbed, until they start to get brown and crispy, about 3 to 4 minutes.

6. **Put It All Together**
   Spread the capers evenly over the noodles and spinach and top with the chicken. Enjoy!

Instructions for two servings.
**Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois**

*Don't worry about the amount of water. Just ensure you have enough to cook the pasta*

*Don't be afraid to get your aggression out on the chicken!*