



FR. FRANK'S CHICKEN MILANESE WITH CORN AND CUCUMBER SALAD



Ingredients:

- + 4 chicken cutlets
- + 1 cup panko breadcrumbs
- + ½ pound cherry tomatoes
- + 4 ears corn (shucked)
- + 4 ounces arugula
- + 2 English cucumbers
- + 1 bunch basil
- + ½ cup flour
- + ½ cup Dijon mustard
- + 2 tablespoons red wine vinegar
- + 4 tablespoons freshly grated pecorino cheese





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Instructions:

1. Remove the husks and silks of the corn and shuck. Cut the tomatoes in half. Slice the cucumber in half and scoop out seeds. Dice the cucumber. Prepare the basil by removing the stems.
2. Heat 3 teaspoons of olive oil on medium-high. Add the corn; season with salt and pepper. Cook, stirring occasionally until tender. Transfer to a bowl.
3. Place the flour and breadcrumbs into 2 separate medium bowls. Combine $\frac{2}{3}$ of the mustard and 4 tablespoons of water in another bowl. Pat the chicken dry with paper towels; season with salt and pepper on both sides. Working with one breast at a time, coat the chicken in the flour, then dip in the mustard-water mixture, then thoroughly coat in the breadcrumbs. Transfer to a rack.
4. Heat a thin layer of oil on medium-high until hot. Once the oil is hot enough add the chicken. Cook 3 to 5 minutes per side.
5. Combine the vinegar and remaining mustard; season with salt and pepper to taste. Slowly whisk in 3 tablespoons olive oil until thoroughly combined.
6. In a bowl with the cooked corn, add the arugula, cucumber, tomatoes and half the basil chiffonade; season with salt and pepper. Add the vinaigrette coat the salad and toss to mix and season with salt and pepper to taste.
7. Place the cooked chicken on a plate and top with the salad. Add pecorino romano cheese and enjoy!

