

# Crispy Chicken, Orange & Fennel Salad with Champagne-Citrus Vinaigrette

Serves 6

 Techniques used: Breading; Segmenting Citrus; Making a Vinaigrette (see page F1).

## The chicken

$\frac{1}{2}$  cup flour  
1 teaspoon kosher salt + more to taste  
 $\frac{1}{2}$  teaspoon pepper + more to taste  
2 eggs  
1 tablespoon Dijon mustard  
 $1\frac{1}{2}$  cups panko breadcrumbs  
2 large boneless, skinless chicken breasts, cut in half crosswise and pounded thin into four cutlets (around  $\frac{1}{4}$ -inch thick)

$\frac{1}{2}$  cup olive oil

## The salad

1 head frisee, torn into bite-size pieces  
1 head butter lettuce, torn into bite-size pieces  
2 ounces loose arugula  
1 small head fennel, halved and sliced very thin

3 oranges, peeled and cut into segments, 1 tablespoon juice squeezed from peel and set aside

## The vinaigrette

2 tablespoons Champagne vinegar  
 $\frac{1}{2}$  teaspoon kosher salt + more to taste  
 $1\frac{1}{2}$  teaspoons Dijon mustard  
 $\frac{1}{2}$  cup fruity olive oil  
Ground black pepper, to taste

**For the chicken:** Set up a breading station. On one shallow plate, combine flour with salt and pepper. In a wide, shallow bowl, whisk eggs with 2 tablespoons water and the mustard. On a third plate, spread panko breadcrumbs.

Season chicken lightly on both sides with salt and pepper. Dredge one cutlet in flour, shaking off excess. Dip into egg mixture, and then coat with breadcrumbs. Repeat with remaining chicken.

Heat the oil in a large frying pan over medium-high heat. When hot but not smoking, add the chicken. Cook on each side for about 3-4 minutes, until cooked through. Transfer chicken to a plate covered with paper towels. You may need to do this in two batches. When cool enough to handle, cut into 1-inch thick slices on the bias and set aside.

**For the salad:** Wash and dry the salad greens. On a platter, combine

the greens and fennel, and gently toss in the orange segments.

**For the vinaigrette:** In a small bowl, combine the vinegar and reserved orange juice, and whisk in the salt to dissolve. Whisk in the mustard until combined, then, in a steady stream, slowly whisk in olive oil until emulsified. Add black pepper to taste, and more salt if needed.

Gently toss all but about 3 tablespoons of the dressing with the salad, top with the sliced chicken, and drizzle remaining dressing over the chicken.

**Per serving:** 400 calories, 15 g protein, 27 g carbohydrate, 27 g fat (4 g saturated), 95 mg cholesterol, 707 mg sodium, 5 g fiber.