



# Chicken Cutlets Spinach & Mushroom Sauce

# Spicy Chicken Cutlets & Sweet Spinach & Mushroom Sauce (No Gluten)

Serves 6 to 8

Time: As long as it takes



## Ingredients for Cutlets & 3-Way Dredge:

### Chicken:

- 2 large boneless chicken breasts  
(fillet, cut and pound into four ¼" thick cutlets)
- ½ lemon juice  
(squeeze lemon juice on cutlets)

- 1 Tbsp course salt
- 1 Tbsp freshly ground pepper

### Pan fry:

- 3-4 Tbsp olive oil for pan (use lower temperature than other oils)

Dredge 1 = Flour to get egg to stick

2-3 cups gluten free oat flour (others OK too)

Dredge 2 = Egg to get the panko to stick

4 eggs (one per cutlet)

Dredge 3 = Panko that goes straight into hot pan

12 oz gluten free panko bread crumbs

2 ½ Tbsp dry mustard

2 tsp Fennel Pepper

2 tsp cayenne pepper

***Pound your meat  
Its needed to tenderize  
and just feel good.***

***Rub your meat  
Squeeze on lemon juice  
and rub in salt & pepper***

***Pan Fry  
Olive Oil needs to cook at  
slightly lower temp than  
other oils.***

***Create a dredging station  
Set up to go 1, 2, 3 and  
drop coated cutlets into  
the hot pan (w/ oil)***

***Check the heat  
Drop a panko crumb into  
the olive oil to make sure  
its hot, but not too hot***

# Sweet Spinach & Mushroom Sauce (topped with micro-greens)

Serves 6 to 8

Time: As long as it takes



## Ingredients for Sauce & Garnish:

### Sauce:

- 2-3 Tbsp olive oil
- 2 Tbsp Fennel Pepper
- ½ cup finely chopped fennel
- ½ lemon juice (from lemon – add some early and later)
- 16oz Chicken broth or stock
- 1 ½ cups thinly sliced mushrooms
- 4 cups baby spinach
- 3 cups fresh basil
- 1 cup cherry tomatoes

1 cup halved large grapes

4 Tbsp agave syrup

### Garnish:

3 cups micro-greens (rainbow or similar, not too bitter)

1 orange cut into 8 or so wedges

*Start the sauce while other activities continue with cutlets*

*Use medium to simmer  
Be careful not to burn*

*Stock or Broth  
Either will do*

*Lemons on hand  
Use fresh lemons and  
squeeze as needed*

*Preparing in advance with  
dredge stations will help  
final assembly go quickly  
and smoothly*

# Sweet Spinach & Mushroom Sauce (topped with micro-greens)

Contributors: Team FP



## Preparation:

### Chicken:

Set up dredging stations with the 3 dredges.

Flour – dredge and cover well, pat both sides to completely cover cutlet.

Egg – dredge and cover well, pat to completely cover cutlet.

Panko – dredge and cover both sides. Firmly pat to create a nice panko crust covering the whole cutlet.

Drop a panko crumb into the olive oil to confirm its hot. If it sizzles, you're ready to go. Remember, not too hot – olive oil cooks at a lower temperature.

Start dredging and go straight to pan. Place dredged cutlets into heated olive oil and cook both sides about 2-3 minutes until golden brown. Be careful not to burn.

Place cooked cutlets on paper toweled plate to drain off an extra oil.

### Sauce:

Meanwhile, get the sauce going.

Sauté fennel in olive oil, salt and fennel pepper and pepper until fennel is clear (15 minutes or so – be careful not to burn – use medium simmer).

Add 1/3 of the chicken stock and sauté until reduced a little.

Squeeze in some lemon juice (about a ¼ lemon) and simmer 5-10 minutes until reduced a little more.

Add another 1/3 of the chicken stock and sauté 5-10 minutes more until reduced a little more.

Add remaining 1/3 of chicken stock, agave syrup and sauté until simmering.

Add mushrooms and cherry tomatoes, cover and simmer for 5 minutes or so until mushrooms start to change color.

Add spinach and basil, squeeze in the remaining lemon juice, cover and simmer for 5 minutes or so.

Add in for sliced grape halves and simmer 2-3 minutes or so while finishing up cooking of chicken cutlets.

### Put it all together:

Place chicken cutlet on warm plate and place a pile of mushrooms, tomatoes, grapes, spinach and basil to cover cutlet.

Drizzle a few spoonful's of sauce over cutlet. Add a pile of microgreens on top of cutlet pile. Add a couple orange wedges to the plate and serve.