

# Explore Italy From Your Own Kitchen

(NAPSA)—If you love Italian food, you have a new opportunity to learn more about preparing delicious Italian dishes thanks to a recently released on-demand video tutorial.

Inspired by Olive Garden's Culinary Institute of Tuscany, the recipe for Chicken Milanese is featured in the tutorial led by Sr. Executive Chef Paolo Lafata.

The dish is comprised of pan-seared chicken breasts crusted with Italian-herbed bread crumbs and served with Asiago-filled tortelloni tossed with spinach in a garlic cream sauce. It can be enjoyed in restaurants for a limited time or prepared alongside Lafata in your kitchen by visiting [www.olivegarden.com/recipes/demonstrations](http://www.olivegarden.com/recipes/demonstrations).

Visitors to [www.olivegarden.com](http://www.olivegarden.com) can also register to win their own



**Chicken Milanese features pan-seared chicken breasts crusted with Italian-herbed bread crumbs, served with Asiago-filled tortellini.**

culinary inspiration tour by entering Olive Garden's Sweepstakes. The trip includes an eight-day guided trip for two to Rome, Florence and Olive Garden's Culinary Institute of Tus-

cany (CIT). Located in a restored 11th-century village in Castellina in Chianti, the CIT provides inspiration for the restaurant's menu and a training for managers and team members.

## Chicken Milanese Recipe

*Serves 4*

*Prep time: 30 min*

*Cook time: 25 min*

### Ingredients

#### Sauce & pasta:

- ½ cup butter, unsalted
- 4 garlic cloves, minced (or 1 Tbsp)
- 1 cup white wine
- ¼ cup all-purpose flour
- 1 cup chicken broth
- 1 cup heavy cream
- 1 cup Parmesan cheese, grated
- ¼ tsp black pepper, to taste
- ½ tsp salt
- 8 cherry tomatoes, halved
- ¼ cup spinach, chopped
- 8 roasted garlic cloves, minced (or 4 Tbsp)
- 1 20-oz package tortelloni (or tortellini), cooked according to package directions

#### Chicken:

- 4 boneless, skinless chicken breasts
- ½ cup flour
- 3 large eggs

- ¼ cup milk
- 1 cup panko bread crumbs
- ½ cup Parmesan cheese, grated
- 3 fresh parsley, chopped
- 1½ tsp Italian seasoning
- 1 Tbsp garlic, chopped
- ¼ tsp black pepper
- 4 Tbsp extra-virgin olive oil
- 4 lemon wedges

### Instructions

1. Flatten chicken breasts between two sheets of plastic wrap by pounding gently until chicken is approximately ½" thick.
2. Whisk eggs and milk together in a flat-bottom bowl.
3. Mix bread crumbs, cheese, fresh parsley, Italian seasoning, garlic and pepper. Transfer to a flat plate.
4. Dredge chicken in flour, coating both sides. Dip chicken pieces in egg mixture, coating both sides. Dredge in bread crumb mixture, coating completely on both sides.
5. Set chicken aside while preparing pasta and sauce.

6. Melt butter in saucepan over medium heat.

7. Add minced garlic and sauté for one minute. Add flour and stir until well blended.

8. Add white wine, chicken broth, heavy cream and cheese. Bring to a boil. Reduce heat and simmer until mixture starts to thicken.

9. Add roasted garlic, pepper and salt. Stir until well blended.

10. Add tomatoes and spinach to sauce and allow to simmer over low heat for about 5 minutes, stirring frequently.

11. Heat olive oil in frying pan over medium-high heat. Add breaded chicken to pan and cook until both sides are golden brown and internal temperature reaches 165°F.

12. Add cooked, drained tortelloni pasta to sauce and blend well.

13. Transfer chicken to a large platter and serve with hot, creamy tortelloni.

14. Garnish with fresh parsley and lemon wedges.