



MAY
2016

Chicken Paillard

with Herb Gremolata, Rosemary Potatoes, and Arugula Salad

The classic dish is sure to please. Lemon-marinated chicken is butterflied and then seared until golden. Crispy potatoes are complimented by a side of bright arugula salad. We finished with an herby and fragrant gremolata.



Prep: 10 min
Total: 30 min



level 1



nut free



dairy free



gluten free



Chicken Breasts



Yukon Potatoes



Rosemary



Arugula



Shallot



Parsley



Garlic



Lemon

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Rosemary	¼ oz	½ oz
Arugula	4 oz	8 oz
Shallot	1	2
Parsley	¼ oz	½ oz
Garlic	2 Cloves	4 Cloves
Lemon	1	2
Olive Oil*	2 T + 1 t	4 T + 2 t

*Not Included

Allergens

None

Tools

Zester, Medium pot, Strainer, Shallow dish, Small bowl, Large pan, Medium bowl

Ruler

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Nutrition per person Calories: 508 cal | Fat: 19 g | Sat. Fat: 2 g | Protein: 46 g | Carbs: 44 g | Sugar: 6 g | Sodium: 148 mg | Fiber: 9 g

2



1 Prep the ingredients: Wash and dry all produce. Zest, then halve the **lemon**. Halve, peel, and mince the **shallot**. Mince or grate the **garlic**. Strip the **rosemary** off the sprigs, then roughly chop the **leaves**. Finely chop the **parsley**. Cut the **potatoes** into ¾-inch cubes and place them in a medium pot with a pinch of **salt** and enough water to cover by 2 inches. Bring to a boil and cook for 10-12 minutes, until fork tender. Drain.

4



2 Butterfly the chicken breasts: Place one hand on top of the **chicken breast**, then slice into the middle of the meat, parallel to the cutting board. Stop before cutting all the way through. Open the chicken up like a book and season with **salt** and **pepper**. Repeat with the other chicken breast.

5



3 Marinate the chicken: Combine the **juice of half a lemon**, **half the shallot**, and a large drizzle of **olive oil** in a shallow dish. Place the **chicken** into the marinade and flip to coat.

6



4 Make the gremolata: In a small bowl, combine the **parsley**, **lemon zest**, and up to **half the garlic** (or less, to taste). Add a large drizzle of **olive oil** and season with **salt** and **pepper**.

5 Cook the chicken: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **chicken** to the pan and cook for 3-4 minutes per side, until golden brown and cooked through. Remove from the pan and set aside to rest for 5 minutes. **TIP:** You can tent the chicken with tin foil to keep it warm.

6 Sauté the potatoes: Add the drained **potatoes** to the same pan over medium-high heat. Add the **rosemary**, remaining **garlic**, and a drizzle of **olive oil** to the pan. Cook, tossing until fragrant and slightly golden brown, for 3-4 minutes. Season generously with **salt** and **pepper**.

7 Toss the salad and serve: In a medium bowl, toss the **arugula** with the remaining **shallot**, a squeeze of **lemon juice**, and a drizzle of **olive oil**. Season to taste with **salt** and **pepper**. Serve the **arugula salad** alongside the **chicken paillard** and **rosemary potatoes**. Drizzle with the **herb gremolata** and dig in!