



Chicken Paillard

Jacob · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

35 mins

Description

Try this chicken paillard recipe for a supereasy simple chicken dish with lemon juice lending a fresh taste. It's very refreshing for an outdoor barbecue or spring dinner. Pairs well with a dry white wine.

Ingredients

- - 4 (6 ounce) skinless
- boneless chicken breast halves - 1/2 cup dry white wine (Optional) - 1 lemon
- juiced - 1 small shallot
- chopped - 2 teaspoons extra-virgin olive oil - 1 clove garlic
- crushed - 1 lemon
- juiced - 1 tablespoon red wine vinegar - 1 tablespoon extra-virgin olive oil - 2 teaspoons lemon zest - 1/2 teaspoon salt
- divided - 1/2 teaspoon freshly ground black pepper
- divided - 4 cups trimmed arugula - 8 ounces cherry tomatoes
- halved

Instructions

1. Marinate the chicken: Pound chicken breasts on a work surface using a meat tenderizer or heavy pan to a thickness of 1/4 inch. Whisk wine
2. lemon juice
3. shallot
4. olive oil
5. and garlic together in a shallow bowl. Add chicken breasts to the bowl and marinate for 15 minutes. Meanwhile
6. make the salad: Whisk lemon juice
7. vinegar
8. olive oil
9. lemon zest
10. and 1/4 teaspoon each salt and pepper together in a large bowl. Add arugula and tomatoes; toss to combine. Cook the chicken: Preheat an outdoor grill for high heat and lightly oil the grate
11. or heat a skillet over high heat. Remove chicken from marinade; discard remaining marinade. Season chicken with remaining 1/4 teaspoon each salt and pepper. Cook chicken on the preheated grill until golden brown and just cooked through
12. 2 to 3 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Plate chicken with arugula salad on top. Recipe Tips Use grape tomatoes instead of cherry tomatoes if desired
13. or for a more colorful dish
14. use multi-colored tomatoes.If you find arugula too bitter
15. you can substitute spring mix
16. spinach
17. or romaine lettuce.