



Celebrating Food, Art & Culture



GRILLED CHICKEN PAILLARD WITH ARUGULA-TOMATO SALAD

Servings: 6

Ingredients

- Six 6-ounce skinless, boneless chicken breast halves

For the marinade

- 1/2 cup dry white wine vinegar
- 2 tablespoons lemon juice
- 1 tablespoon shallot, minced
- 1 tablespoon garlic, minced
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons kosher salt
- 2 teaspoons herbs de provence
- 2 teaspoons espelette pepper

For the salad

- 1 tablespoon lemon juice
- 1 tablespoon red wine vinegar
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons lemon zest
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 4 cups baby arugula
- 2 cups cherry tomatoes, halved

Directions

Using a meat tenderizer, pound the chicken breasts on a work surface to 1/4-inch thick. In a mixing bowl, whisk together the white wine vinegar, lemon juice, shallot, garlic, olive oil, salt, herbs de provence and espelette pepper until combined. Add the chicken breasts, toss to coat, cover, place in a refrigerator and let marinate for 30 minutes.

Remove the chicken from the marinade. Place the chicken on a preheated grill and cook for 3 minutes on each side. Insert a thermometer to ensure the chicken is cooked to 165 F. Remove the chicken from the grill and keep hot until ready to serve.

Whisk the lemon juice, red wine vinegar, olive oil, lemon zest, salt and pepper together in a large bowl until combined. Add the arugula and tomatoes; toss lightly to combine. Keep refrigerated until ready to serve.

Place 1 chicken paillard on a plate, and then place 1 cup of arugula-and-tomato salad on each chicken paillard. Serve immediately.

Side dishes

- Steamed Quinoa
- Grilled Asparagus