



HOME CHEF

LEMON-CHICKEN PAILLARD

With Spinach and Parmesan Salad



A “paillard” is an old-school French culinary term referring to a piece of meat that is pounded flat to break down its fibers, making it more tender and cook up quickly. In this case, a thin chicken breast is seasoned to perfection and adorned with fresh lemon to brighten its savory flavor.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 430
Carbohydrates: 7g
Fat: 10g
Protein: 61g
Sodium: 466mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Chardonnay
Pinot Grigio
Wheat Beer

INGREDIENTS

- 1 Piece Lemon
- 4 oz. Grape Tomatoes
- 2 Piece Basil
- 1 Piece Shallot
- 2 Tbsp. Champagne Vinegar
- 1 tsp. Mustard
- 2 Piece Chicken Breast
- ¼ tsp. Red Pepper Flakes
- 4 oz. Spinach
- 1 oz. Shaved Parmesan

WHAT YOU NEED

- Olive Oil
- Salt
- Pepper

EQUIPMENT

- Mixing Bowl
- Medium Pan

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Prepare the Ingredients

Rinse the **lemon**, **tomatoes**, and **basil**. Zest, then halve lemon. Halve grape tomatoes. Stem and chiffonade basil (roll up leaves, and thinly slice). Peel and mince **shallot**. Rinse **chicken breasts** and pat dry.



Prepare the Chicken

Lay down a piece of plastic wrap on a stable surface. Place a **chicken breast** on it and cover with another piece of plastic wrap. Using a meat mallet or small pan, pound the breast until about ¼" thick and even all around. Repeat with second chicken breast.



Season the Chicken

Place the **chicken breasts** in a mixing bowl, then season with **red pepper** flakes (start with a little bit if you're sensitive to spice), basil, 1 tsp. of olive oil, and a pinch salt and pepper.



Cook the Chicken

Heat 2 tsp. of **olive oil** in a pan over medium heat, and cook **chicken breasts** for about 4 minutes per side or until they reach a minimum internal temperature of 165 degrees. Let chicken rest for a few minutes after cooking.



Mix the Dressing

While the chicken is resting, whisk together **champagne vinegar**, **mustard**, a squeeze of **lemon juice** (to taste), **shallot**, and a pinch of **salt** and **pepper** in a small mixing bowl.



Plate

Place a serving of **spinach** on a plate, then add grape **tomato** halves and a sprinkle of **parmesan cheese**. Nestle **chicken** against the salad, drizzle with **dressing** and another squeeze of **lemon juice**, and garnish with lemon zest.