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Paillard of chicken with lemon & herbs



Number of people: 6

Keywords: Carnivore Main course Chicken Barbecue

Season: Spring

Ingredients and quantity:

6 skinless chicken breasts
2 tbsp olive oil
½ tbsp balsamic vinegar
140 g bag rocket
25 g parmesan
lemon wedges

For the marinade:

2 garlic cloves
3 rosemary sprigs, leaves
6 sage leaves
zest 1 lemon and juice of ½
3 tbsp olive oil

Preparation: 140 mins

Difficulty: Easy

To make the marinade:

- * Crush the garlic with a good pinch of salt using a pestle and mortar.
- * Add the rosemary and sage.
- * Stir through the lemon zest and juice, add olive oil and some ground black pepper.

- * Place each chicken breast between 2 sheets of cling film or backing parchment.
- * Use a meat mallet or rolling pin to bash each piece of chicken – flatten out to an even layer about 0.5 cm thick.
- * Pour the marinade over the chicken, ensuring that it's well coated. Cover and chill for at least 2 hrs.
- * Heat the barbecue. Once the flames have died down, spread the coals out to an even layer.
- * Cook the chicken for 1-2 mins each side.



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- * Meanwhile, pour the oil and balsamic vinegar into a large bowl. Add the rocket and some seasoning. Toss together, then shave over the parmesan.
- * Serve the salad with the chicken, with lemon wedges to squeeze over.