



CHICKEN PAILLARD

with Roasted Rosemary Potatoes and Gremolata

PRONTO



HELLO

GREMOLATA

This simple condiment of garlic, parsley, lemon and oil tastes fresh and flavourful

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 486



Chicken Breasts



Garlic



Baby Red Potatoes



Rosemary



Parsley



Lemon



Kale, chopped



Green Peas



Vegetable Broth Concentrate

BUST OUT

- Baking Sheet
- Measuring Spoons
- Garlic Press
- Zester
- Small Bowl
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Garlic 10 g | 20 g
- Baby Red Potatoes 340 g | 680 g
- Rosemary 10 g | 10 g
- Parsley 10 g | 20 g
- Lemon 1 | 2
- Kale, chopped 113 g | 227 g
- Green Peas 113 g | 227 g
- Vegetable Broth Concentrate 1 | 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète
- 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 165°F.



START STRONG

Preheat the oven to **450°F** (to roast the potatoes). Start prepping when the oven comes up to temperature! Quarter the potatoes if they are large, to ensure an even cooking time!



1 ROAST POTATOES
Wash and dry all produce.* Halve the **potatoes**. Strip a few **rosemary leaves** from the stems and finely chop **1 tbsp** (double for 4 ppl). On a baking sheet, toss the potatoes and **half the** rosemary with a drizzle of **oil**. Season with **salt and pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown, 25-28 min.



4 COOK CHICKEN
Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Cook until golden-brown and cooked through, 3-4 min per side. (**TIP:** Cook each piece to a minimum internal temp. of 165°F, as size may vary.**) Transfer to a plate and cover to keep warm. Set aside.



2 MAKE GREMOLATA
Meanwhile, mince or grate the **garlic**. Roughly chop the **parsley**. Zest, then juice **half the lemon** (1 lemon for 4 ppl). Cut the **remaining** lemon into wedges. In a small bowl, combine the parsley, lemon juice, **half the** garlic, **half the** lemon zest and **2 tbsp oil** (double for 4 ppl). Season with **salt and pepper**. Set aside.



5 COOK KALE
Add a drizzle of **oil** to the same pan, then the **kale, broth concentrate(s), remaining garlic** and **2 tbsp water** (double for 4 ppl). Cook, stirring often, until the kale wilts, 2-3 min. Add the **peas** and stir together until warmed through, 1-2 min. Season with **salt and pepper**.



3 BUTTERFLY CHICKEN
Pat the **chicken** dry with paper towels. Carefully slice into the centre of each chicken – parallel to the cutting board – leaving 1-inch intact on the other end. Open up the chicken like a book and sprinkle with the **remaining rosemary** and **remaining lemon zest**. Season with **salt and pepper**.



6 FINISH AND SERVE
Divide the **chicken, kale** and **roasted potatoes** between plates. Spoon the **gremolata** over the chicken. Squeeze over a **lemon wedge**, if desired.

BRUNCH STAR!

Make the gremolata again and serve it on fried eggs at your next brunch party!