

Chicken Paillard

with Warm Potato Salad

Paillard is a French term that refers to meat that has been pounded thin and quickly cooked. This method of preparation not only tenderizes the meat but also cuts cooking time down dramatically!

Marinated cherry tomatoes with fresh herbs and warm potato salad add touches of bright flavor to the simply seared chicken.



Ingredients

- 6 Ounces Multicolored Baby Potatoes
- 4 Ounces Cherry Tomatoes
- 3 to 4 Cornichons
- 1 Bunch Basil
- 1 Clove Garlic
- 1 Shallot
- 1 Bunch Tarragon
- 1 Stalk Celery
- 1 Tablespoon Red Wine Vinegar
- 2 Boneless, Skinless Chicken Breasts
- ½ Cup All-Purpose Flour
- 1 Lemon
- 1 Tablespoon Dijon Mustard
- 1 Tablespoon Mayonnaise

Makes 2 Servings

About 645 Calories Per Serving



Instructions



Cook the potatoes:

Wash the potatoes and cut them in half or bite-sized pieces if large. Place the **potatoes** in a pot along with plenty of salt. Fill the pot with enough water to cover the potatoes by 1 inch. Cover the pot and heat to boiling on high. When the pot comes to a boil, uncover and continue to cook about 10 minutes, or until the potatoes are tender when pierced with a fork. Drain and transfer to a medium bowl.



Prepare your ingredients:

While the potatoes cook, wash and dry the remaining fresh produce. Cut the tomatoes in half. Mince the cornichons. Roughly chop the basil leaves. Peel and mince the garlic, smashing until it resembles a paste. Peel and mince the shallot to get 1 to 2 tablespoons of minced shallot. Finely chop the tarragon leaves. Small dice the celery.



Marinate the tomatoes:

In a medium bowl, combine the **tomatoes, shallot, garlic paste, basil, and red wine vinegar**. Drizzle in a little olive oil, season with salt and pepper, and toss to coat.



Prepare & cook the chicken:

Place each **chicken breast** between 2 sheets of plastic wrap. With a flat meat mallet or the bottom of a heavy pan, pound the chicken to a 1/4-inch thickness. Season both sides of the chicken with salt and pepper. Coat each piece of pounded chicken in the **flour**, tapping off any excess. In a large pan, heat some olive oil on medium-high until hot. Add the **chicken** and cook 2 to 3 minutes per side, or until golden brown and cooked through.



Make the potato salad & enjoy:

Add the **cornichons, celery, tarragon, mayonnaise, Dijon mustard, and the juice of half the lemon** to the still warm potatoes in the bowl. Drizzle in a little olive oil and stir until combined. Season with salt and pepper to taste. Divide the **chicken, marinated tomatoes, and potato salad** between 2 plates. Enjoy!