

# Matzoh-Crusted Chicken

*with Orange, Fennel & Golden Beet Salad*

Traditionally served during the holiday of Passover, matzoh is a unique kind of unleavened bread. It's flat and crispy, similar in appearance and texture to a cracker. In this dish, we're using matzoh in its ground form. Finer than panko and lighter than regular breadcrumbs, it creates a perfect coating for cutlets. It lends a delicate, uniquely-flavored crunch (echoed by a delicious salad of thinly sliced, raw vegetables).



## Ingredients

- 2 Chicken Cutlets
- ½ Cup Matzoh Meal
- 1 Fennel Bulb
- 1 Golden Beet
- 1 Red Onion
- 1 Navel Orange
- 1 Bunch Parsley

## Knick Knacks

- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoons Sugar
- ¼ Cup Dijon Mustard

Makes 2 Servings

About 665 Calories Per Serving

Cooking Time: 25 to 35 minutes





1



## Prepare the ingredients:

Wash and dry the fresh produce. Remove the chicken from the refrigerator to bring to room temperature. Peel and thinly slice the onion. Peel the beet and cut it in half lengthwise; very thinly slice the halves. Cut off and discard any fennel stems and fronds (the green, thread-like tops of the plant). Halve the fennel bulb lengthwise; remove and discard the core. Thinly slice the fennel bulb. Pick the parsley leaves off the stems; discard the stems. Cut off and discard peel and pith of the orange; medium dice the orange. In a large bowl, combine the **mustard** and **3 tablespoons of water**.

2



## Pickle the onion:

In a medium pan (nonstick, if you have one), combine the **sugar**, **vinegar**, **onion** and **¼ cup of water**; season with salt and pepper. Heat to boiling on medium-high. Once boiling, cook 1 to 2 minutes, or until the liquid is slightly reduced in volume. Transfer the onions and pickling liquid to a heatproof bowl and set aside. Carefully rinse and dry the pan.

3



## Coat the chicken:

Pat the **chicken cutlets** dry with paper towels; season with salt and pepper on both sides. Place the **matzoh meal** in a bowl. Working 1 at a time, coat the seasoned chicken cutlets in the **mustard-water mixture** (letting the excess drip off), then the matzoh meal (tapping off any excess). Transfer the coated chicken cutlets to a plate.

4



## Cook the chicken:

In the same pan used to pickle the onion, heat a thin layer of olive oil on medium-high until hot. Add the **coated chicken cutlets** and cook 3 to 4 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate.

5



## Make the salad:

Reserving **1 tablespoon of the pickling liquid**, drain the **pickled onion**. In a large bowl, combine the **orange**, **fennel**, **beet** and **drained pickled onion**. Add the **reserved pickling liquid**; drizzle with olive oil and toss to coat. Season with salt and pepper to taste.

6



## Plate your dish:

Divide the **cooked chicken cutlets** between 2 dishes. Top with the **salad** and garnish with the **parsley**. Enjoy!