

Chicken Paillards & Fresh Linguine

with Summer Squash & Cherry Tomatoes

“Paillard” is a French term used to refer to a thin cut of meat, which is usually seared in a hot pan and served with a wedge of lemon. The thinness of the meat allows it to cook quickly and evenly, crisping up on the outside while retaining its juicy succulence. Here, we’re coating the chicken cutlets in flour before cooking them, for added texture. And we’re serving the paillards over a bed of fresh linguine in a summer vegetable sauce, which also includes the classic dash of lemon.



Ingredients

- 4 Chicken Cutlets
- 12 Ounces Fresh Linguine Pasta
- 4 Ounces Cherry Tomatoes
- 4 Cloves Garlic
- 2 Ounces Arugula
- 1 Lemon
- 1 Pound Yellow Squash
- 1 Large Bunch Basil

Knick Knacks

- 2 Tablespoons All-Purpose Flour
- 2 Tablespoons Butter
- ½ Cup Grated Parmesan Cheese

Makes 4 Servings

About 680 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Quarter the squash lengthwise, then thinly slice crosswise. Peel and thinly slice the garlic. Halve the tomatoes. Quarter and deseed the lemon. Pick the basil leaves off the stems; discard the stems.

2



Coat & cook the chicken:

Place the **flour** on a plate. Pat the **chicken cutlets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned cutlets in the flour (tapping off the excess). In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the coated cutlets and cook 3 to 5 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate, leaving any browned bits (or fond) in the pan. Set the cooked chicken cutlets aside in a warm place.

3



Cook the vegetables:

Heat the pan of reserved fond on medium-high until hot. (If the pan seems dry, add 2 teaspoons of olive oil.) Add the **squash** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened and fragrant. Add the **tomatoes**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the tomatoes are softened. Remove from heat and set aside in a warm place.

4



Cook the pasta:

Using your hands, carefully separate the strands of the **pasta** and add it to the pot of boiling water. Cook 2 to 4 minutes, or until al dente (still slightly firm to the bite). Reserving $\frac{1}{2}$ **cup of the pasta cooking water**, thoroughly drain the cooked pasta.

5



Finish the pasta:

To the pan of vegetables, add the **cooked pasta**, **butter**, **arugula**, **half the Parmesan cheese** and **half the reserved pasta cooking water**. Cook on medium, stirring to thoroughly coat the pasta, 2 to 3 minutes, or until well combined. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Stir in the **juice of all 4 lemon wedges** and **half the basil** (tearing the leaves just before adding); season with salt and pepper to taste. Remove from heat.

6



Serve your dish:

Divide the **finished pasta** and **chicken paillards** between 4 dishes. Garnish with the **remaining Parmesan cheese** and **basil**. Enjoy!