



Chicken Paillard

Ingredients:

1 Chicken Breast

1/2 c. Anise (chopped)

1/2 c. Spring Onions (chopped)

1/4 c. Red Onions (diced)

Juice from 1 Honey Tangerine

1/2 c. Extra Virgin Olive Oil

2 Roma Tomatoes (chopped)

2 Garlic Cloves (minced)

Pinch of Basil

Pinch of Oregano

Salt and pepper to taste

Preparation:

Sauté chicken breast in ¼ cup extra virgin olive oil, garlic, basil, and oregano

Cook on both sides for 2-3 minutes on medium high heat

Separately, mix anise, red onions, and tomatoes

In a small bowl mix remaining extra virgin olive oil, honey tangerine juice, pinch of salt and pepper. Whisk together until emulsified and pour over sweet anise, red onion and tomatoes.

To prepare, degrease the chicken by gently patting a paper towel on both sides, and lay salad on top.

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

