

MARLEY SPOON



Crispy Chicken Paillard

with Warm Potato Spinach Salad



1h



2 Servings

Paillard means to pound meat flat so that it cooks quickly, a technique both efficient and delicious. Thin slabs of chicken dredge in a flour-panko mix seasoned with Herbs de Provence and lemon zest for a sophisticated flair. The chicken is then fried to crispy, golden perfection. A tangy dressing of mustard, lemon, and chopped shallots adds snappy flavor to a zesty potato salad mixed with crunchy cornichons and fresh dill.

What we send

- 2 potatoes
- 1 shallot
- 1 lemon
- ¼ oz fresh dill
- 1 oz cornichons
- 2 pkts Dijon mustard
- ¼ oz herbs de Provence
- 2 oz panko ²
- 12 oz pkg boneless, skinless chicken breasts
- 3 oz baby spinach

What you need

- kosher salt & ground pepper
- 3 large eggs ¹
- white wine vinegar (or red wine vinegar)
- olive oil
- ¼ c all-purpose flour ²

Tools

- medium saucepan
- microplane or grater
- meat mallet (or heavy skillet)
- large heavy skillet (preferably cast-iron)

Cooking tip

Placing the boiled eggs in an ice bath stops the cooking process, preventing them from overcooking. Let them chill for at least 10 minutes before peeling.

Allergens

Egg (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1180kcal, Fat 67g, Carbs 86g, Protein 60g



1. Cook potatoes & eggs

Scrub **potatoes**; cut into 1-inch pieces. In a medium saucepan, cover potatoes with 1 inch **salted water**. Bring to a boil over high heat, then simmer over medium until potatoes are fork tender, 12-15 minutes.

Transfer potatoes with a slotted spoon to a medium bowl; bring water back to a boil. Lower in **2 large eggs** and simmer over medium heat for 10 minutes. Transfer eggs to an ice bath.



4. Bread chicken

Pat **chicken** dry and cover with a sheet of plastic; use a meat mallet or a heavy skillet to pound to a ¼-inch thickness. Season all over with **salt** and **pepper**.

Dredge chicken in **flour**, coating well; dip into **egg**, letting excess drip into back into bowl; press into **panko**, turning to coat well.



2. Make dressing

Meanwhile, finely chop **half of the shallot**. Finely grate **lemon zest**. Pick **dill fronds** from stems and finely chop half (save remaining for garnish); discard stems. Finely chop **cornichons**.

In a large bowl, whisk **shallots, mustard, half of the lemon zest**, and **1 tablespoon each of lemon juice and vinegar**. Slowly whisk in **⅓ cup oil**; season with **salt** and **pepper**.



5. Cook chicken

Heat **¼-inch oil** in a large heavy skillet over medium-high. When **oil** is hot (**a pinch of flour** should sizzle vigorously), add **chicken**; cook until golden and crisp, 2-3 minutes per side (lower heat if browning too quickly).

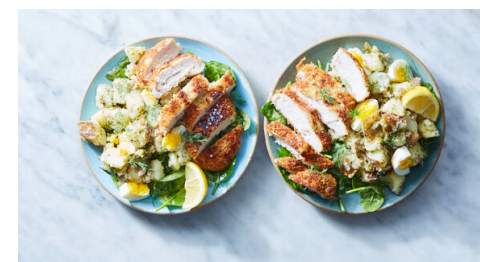
Transfer to a paper towel-lined plate. Sprinkle with **salt** while hot.



3. Mix potatoes

Add **all but 2 tablespoons dressing** to **potatoes**. Mix in **cornichons, chopped dill**, and **2 teaspoons Herbs de Provence**. Season with **salt** and **pepper**; set aside.

Add **¼ cup flour** to a shallow dish. Beat **1 large egg** and **1 tablespoon water** in a 2nd shallow dish. Combine **panko** and **remaining Herbs de Provence and lemon zest** in a 3rd shallow dish.



6. Finish & serve

Peel **eggs**; slice or cut into wedges. Toss **spinach** in bowl with **remaining dressing**; season with **salt** and **pepper**.

Divide **spinach** between plates; arrange **potatoes, eggs**, and **remaining dill** over top. Cut **chicken** into 1-inch pieces, if desired; place over top. Cut **remaining lemon** into wedges and serve alongside. Enjoy!