



## 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

- ½ lb baby potatoes
- 1 shallot
- 1 lemon
- ½ oz fresh dill
- 1 oz cornichons
- 2 pkts Dijon mustard
- ¼ oz herbs de Provence
- 2 oz panko <sup>2</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 3 oz baby spinach

## What you need

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

## 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 1100kcal, Fat 67g, Carbs 70g, Protein 59g



### 1. Cook potatoes & eggs

Scrub **potatoes**; halve. 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!