

Pan-seared chicken cutlets with arugula tomato salad

Recipe by: Chef Ben Lierman – Clark Appliance Showcase

For the chicken breast and marinade:

4 each boneless skinless chicken breast – trimmed and pounded thin and flat
¼ cup lemon juice – freshly squeezed
2 teaspoons Dijon mustard
2 teaspoons honey
1 teaspoon black pepper
1 teaspoon salt
¼ cup olive oil

For the salad:

4 ounces baby arugula
1 pint cherry tomatoes – halved
½ each small red onion – shaved thin
2 ounces parmesan cheese – thinly shaved
Extra Virgin Olive Oil – to taste
Red Wine Vinegar – to taste
Salt and Pepper – to taste

Directions:

Remove the chicken breasts from the packaging, wash, pat dry, trim and pound flat between two sheets of plastic wrap.

Assemble the marinade. In a small bowl, combine the lemon juice, mustard, honey, salt and pepper with a wired whisk. Stir in olive oil and whisk until emulsified. Place the chicken breasts for at least one or up to four hours.

Preheat a heavy skillet over medium heat. Add a little oil to the pan, just to coat. Sear the chicken breasts until brown and crispy, about 3 minutes. Turn and finish until just cooked through, about another 3 minutes. Finish in the oven if underdone.

While the chicken is cooking, combine the ingredients for the salad. Combine the arugula, tomatoes and onions, season with salt and pepper and drizzle with olive oil and red wine vinegar to your liking. Top with the chicken breasts and shaved parmesan cheese.