



Cooking Made Easy



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Chicken Paillard

with Rosemary Potatoes and Gremolata

This classic dish is sure to please. Lemon-marinated chicken is butterflied and then seared until golden. Crispy crushed potatoes are complimented by a side of bright arugula salad. We finished with an herby and fragrant gremolata.



30 min



level 2



gluten-free



lactose-free



nut free



Chicken Breasts



Yukon Potatoes



Rosemary



Arugula



Garlic



Lemon



Shallot



Parsley

Ingredients	2 Person	4 Person
Chicken Breasts	2	4
Yukon Potatoes	12 oz	24 oz
Rosemary	1 sprig	2 sprigs
Arugula	4 oz	8 oz
Shallot	1	2
Parsley	1 bunch	2 bunches
Garlic	2 cloves	4 cloves
Lemon	1	2
Olive Oil*	4 T	8 T

*Not included

Allergens
(None)

Ruler
0 in
1/2 in
1 in

Nutrition per serving Calories: 633 | Carbs: 45g | Fat: 32g | Protein: 45g | Fiber: 10g



1 Zest and juice the **lemon**. Mince the **shallot** and the **garlic**. Strip the leaves off the **rosemary sprig**, then coarsely chop. Finely chop the **parsley**.

2 Butterfly the **chicken breasts**: with your hand on top of the breasts, slice the breast carefully in half *almost* all the way through. Then open it up like a book and season with **salt** and **pepper**.



3 In a bowl, combine **half the lemon juice** and **half the shallots** with 1 tablespoon **olive oil** to marinate the **chicken breasts**.

4 Meanwhile, halve the **potatoes** and place them in a pot with enough **water** to cover and a large pinch of **salt**. Bring to a boil and cook for 15 minutes, or until easily pierced with a knife. Drain.



5 While the potatoes cook, make the **gremolata** by combining **parsley**, **half the garlic**, and **lemon zest** in a bowl. Add 1 tablespoon **olive oil**, and a pinch of **salt** and **pepper**. Set aside.

6 Heat $\frac{1}{2}$ tablespoon **olive oil** in a non-stick pan over medium-high heat. Sear each **chicken breast** for 3-4 minutes on each side, until juices run clear when pierced with a knife. Set aside and tent with foil to keep warm.



7 Once the **potatoes** are drained, crush them with the side of your knife on a cutting board. Heat $\frac{1}{2}$ tablespoon **olive oil** in the same pan you cooked the chicken in. Add the potatoes over medium-high heat for about 3 minutes per side, until golden brown. Add the **rosemary** and **remaining garlic** and cook for about 30 seconds, until fragrant. Season with **salt** and **pepper** and set aside.

8 Toss the **arugula** with 1 tablespoon **olive oil**, **remaining shallots** and **lemon juice**, and a pinch of **salt** and **pepper**. Serve the **chicken** with the **gremolata** on top and **potatoes** and **arugula salad** to the side.