



PESTO PASTA CHICKEN PAILLARD

WESTERN EUROPEAN

ROADMAP

Preheat oven to 400 degrees.

1. Bring a large pot of water to a boil.
2. Pound chicken breast to 1/2 in. thickness & season with salt & pepper on both sides.
3. In a large baking dish, whisk eggs together with a couple of Tbsp. Water, pinch of salt & pepper.
4. In a large baking dish or sheet pan, mix together Paillard coating: Panko, Parmesan, Granulated Garlic & Onion, 1 tsp. salt & 1/2 tsp. pepper.
5. Coat your Chicken with eggs, then press both sides in Panko coating, put on 2 large sheet pans, drizzle with Olive oil & bake for 14 minutes.



SERVINGS
4 - 6



ACTIVE TIME
20 MIN



TOTAL COOK TIME
40 MIN

INGREDIENTS

2 lb. Chicken breast - pounded 1/2 in. thick
3 Eggs
2 C. Panko breadcrumbs
1/2 tsp. Granulated Garlic
1/2 tsp. Granulated Onion
1/2 C. Grated Parmesan + more for topping
Chopped tomatoes for garnishing

REMAINING INGREDIENTS

Salt & Black Pepper - amounts in Roadmap
2 Tbsp. Olive oil
1 lb. Linguini or Fettuccini
1/2 C. Pesto (store-bought) - See the recipe below if you'd like to make your own

Pesto:

2 C. Fresh Basil
1/4 C. Walnuts or Pine nuts
2 Garlic cloves - minced
1/2 C. Olive Oil
1/2 C. Grated Parmesan - always fresh - never off the grocery store shelf.

6. Add 1 Tbsp. Salt to the pot of water & add pasta. Cook 1 minute short of package directions.
7. Once Chicken is done & resting for a couple of minutes, dress your pasta with pesto.
8. Place your Pesto pasta on a large plate, top with Paillard & sprinkle on some more Pesto & Parmesan.

How to make Pesto:

1. In a food processor, add basil, garlic & nuts. Pulse until it's a fine mince.
2. Slowly drizzle in Olive oil while the processor is running. Once it has come together & smooth, add Parmesan & just pulse a few times. You can stir it in further once added to a bowl. Processing the Parm too long can make for a strange texture - a warm blade can begin to melt the cheese.

***Two Countries (France & Italy) collide in a delicious way!
Beautiful, light & satisfying dish for any night of the week.***

Paillard simply means to pound out (in this case, chicken) & it's typically shallow, pan-fried & topped with a light salad.

This Paillard is baked and accompanied by bright pesto pasta for a complete meal, perfect for the Spring and summer months. It's a bistro-style dish made in your kitchen.