BATCH 25 / RECIPE 03 / R-0383

Chicken Sandwich Recipes

Lemon-oregano chicken cutlets cook evenly, then rest before you layer them with Greek yogurt, lettuce and tomato in soft sandwich buns.



PREP 15 min **COOK** 18 min **CHILL / REST** 5 min **YIELD** 4 servings **LEVEL** Easy

INGREDIENTS

- 1 1/4 lb (567 g) boneless skinless chicken breast, cut into 4 even cutlets
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) lemon juice
- 1 tsp (1 g) dried oregano
- 1/2 tsp (1.5 g) garlic powder
- 3/4 tsp (4.5 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 4 sandwich buns
- 4 lettuce leaves
- 1 tomato (150 g), sliced
- 1/4 cup (60 g) plain Greek yogurt

METHOD

01 Flatten cutlets to 1/2 inch (1.3 cm). Combine oil, lemon, oregano, garlic powder, salt and pepper; coat chicken and refrigerate 20 minutes.

02 Heat a large skillet over medium heat. Cook cutlets 5-7 minutes per side, in batches if needed.

03 Check each cutlet in its thickest part for 165°F (74°C); continue cooking any cooler pieces. Rest 5 minutes on a clean plate.

04 Toast buns if desired. Spread with yogurt and layer lettuce, tomato and a chicken cutlet; serve immediately.

COOKING NOTE

Discard used marinade. Keep raw poultry separate from ready-to-eat vegetables; check each cutlet at its thickest part and rest 5 minutes.

VARIATION

Herb: swap oregano for thyme. Smoky: add 1/2 tsp paprika. Citrus: use lime juice instead of lemon.

STORE

Refrigerate in a shallow covered container within 2 hours (1 hour above 90 F / 32 C); keep at 40 F (4 C) or colder and use within 3-4 days. Freeze cooked chicken in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Store bread and fresh toppings separately. Thaw overnight in the refrigerator. Reheat chicken to 165°F (74°C) throughout. Use a covered 350°F (175°C) oven with a splash of broth, or a saucepan over medium-low heat for soup; stir and check more than one spot. Warm bread separately.

SAFE TEMPERATURE

Check each thick chicken portion with a thermometer for at least 165°F (74°C), avoiding bone. Cooking times are estimates.