Summer Chicken Recipes

Serves 4 | Difficulty Easy | Prep 15 min | Cook 15 min



INGREDIENTS

1 1/2 lb (680 g) boneless skinless chicken breast
1 tbsp (15 ml) olive oil
1/2 tsp (3 g) fine salt
1/4 tsp (0.5 g) black pepper
4 cups (120 g) romaine lettuce
1 cucumber (200 g), diced
1 cup (150 g) cherry tomatoes
2 tbsp (30 ml) lemon juice
2 tbsp (30 ml) extra virgin olive oil

METHOD

1. Cut chicken into cutlets; season and cook in the tablespoon of oil over medium heat 5-7 minutes per side until 165°F (74°C).
2. Rest 5 minutes then slice.
3. Wash and dry lettuce; halve tomatoes.
4. Arrange vegetables and chicken on four plates.
5. Whisk lemon juice with extra virgin olive oil and drizzle over.

STORAGE

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Previously cooked ingredients retain their original storage deadline. Reheat cooked chicken and cooked sides to 165°F (74°C). Use an oven for breaded chicken; warm sauces gently. Add fresh toppings after reheating.