Paillards of Chicken with baby carrots and rosemary fingerling potatoes in a shallot/parsley sauce

Shopping List

- 1 pound boneless, skinless chicken breast
- 1 bag of baby spinach
- 1 can of low-sodium chicken broth
- 12 small, French fingerling potatoes
- 1 package of fresh rosemary
- 12 baby carrots with the stems attached
- 1 diced shallot (or small onion)
- 1 bundle of chopped, fresh parsley
- 1 small case of yellow pear tomatoes
- 1 small case of feta cheese crumbles
- 1 pinch of thyme, nutmeg, white pepper, kosher salt
- Small amounts of honey, corn starch, dijon mustard, olive oil, and rice wine vinegar

Recipe

1. Preheat oven to 400 degrees F.
2. Cut chicken in 3 inch, thin pieces. Pound chicken breast out with a mallet (flat side) or a heavy rock wrapped in plastic wrap.
3. Trim carrots to remove any blemishes. Boil carrots for 5 minutes or until fork tender, then remove carrots. Keep same water boiling for potatoes.
4. Add potatoes to boiling water with 3 sprigs of rosemary and a few pinches of salt, remove after fork tender.
5. In a sauce pan, pour 1/2 the can of chicken broth, add 3 pinches of chopped parsley, 1/2 a shallot diced, 2 pinches of salt, 1 pinch of white pepper, and 1 pinch of thyme, then boil for 3 minutes, add cornstarch mix (1 tablespoon of cornstarch mixed with 1/4 cup of water).
6. In a large skillet heat on medium, brown chicken on one side then flip it over and place the entire skillet into the oven for about 3-5 minutes.
7. In another skillet (medium sized), heat on medium, sauté 1/2 bag spinach with drizzle of olive oil, dash of white pepper, and dash of nutmeg.
8. Plate it all “Napoleon-style” or layered: spinach, chicken, spinach. Place 3 potatoes off to one side and 3 carrots to other side, then drizzle potatoes, carrots and plate with shallot and parsley sauce.

Source: Chef Charles Broz, Texas Tech University RHIM Doctoral Student

For Salad

Dressing: mix together 1 Tbs of Dijon mustard, olive oil, and rice vinegar, whisk together then mix with 1/2 bag of spinach. Garnish: sliced pear tomatoes and feta cheese.