



DIAMOND CLUB

# CHICKEN PAILLARD WITH GRILLED VEGETABLES

I do urge you to try this dish. I promise you it is quite simple. You could experiment with other spices in the marinade too, or simply with a little lemon, garlic and thyme if you wish.

WATCH THE VIDEO

## SERVES

2

## PREPARATION

20 mins, plus 30 mins marinating  
(if you have the time)

## COOKING

12 mins

## FOR THE CHICKEN PAILLARD

2 boneless, skinless organic or free-range chicken breasts

- 1 tsp star anise powder
- 1 tsp cumin powder
- 1 tsp turmeric powder
- 1 tsp curry powder (recommend the Colombo spice blend)
- 1 pinch chilli powder
- ½ lemon, juiced
- 1 tbsp extra-virgin olive oil
- 1 pinch sea salt
- 1 pinch freshly ground black pepper

## FOR THE GRILLED VEGETABLES

- ½ medium courgette
- ½ medium fennel bulb
- ½ medium aubergine
- 1 gem or romaine lettuce, blanched in boiling water for 1 minute and chilled under cold running water, drained well
- 2 red chillies, cut in half lengthways, deseeded
- 1 tbsp extra virgin olive oil
- 1 pinch sea salt
- 1 pinch freshly ground black pepper

## TO SERVE (OPTIONAL)

- 6 cherry tomatoes, cut in half, dried in an 80°C oven for 2 hours
- 10 black olives, de-stoned, dried in an 80°C oven for 2 hours

## METHOD

### *Preparing the chicken pailard*

- Slice each chicken breast horizontally in half, leaving it joined at one side, so you can open it up like a book. Place between 2 sheets of clingfilm and flatten with a meat mallet or rolling pin.
- In a small frying pan or a shallow bowl, mix together all the spices, lemon juice, olive oil, salt and pepper.
- Coat the chicken breasts in the marinade and leave for 30 minutes covered with cling film for the flavours to penetrate the meat whilst you prepare the vegetables.

### *Preparing the grilled vegetables*

- Using a Japanese mandolin or a sharp knife, cut the courgette, fennel and aubergine lengthways into long, wafer-thin 1cm slices.
- Drizzle the slices of vegetables, blanched/part-cooked lettuce and chilli peppers with a tablespoon of olive oil and season with salt and pepper.
- Set to one side whilst you grill the chicken.

### *Grilling the chicken and vegetables*

- Pre-heat your oven to 150°C.
- Heat your griddle pan to a high heat.
- Cook the chicken breasts for 2 minutes on each side in the griddle pan, then place the chicken onto a baking tray or shallow frying pan and place in the oven for 5 minutes to finish the cooking and keep it hot whilst you cook the vegetables.
- Carefully clean the hot griddle pan with a few pieces of kitchen paper and place back on a high heat.
- Cook the sliced vegetables on the griddle pan for one minute on each side, cooking them in batches as to not overload the griddle pan. Place each batch onto a clean tray to cool whilst you cook the remaining vegetables.

### *To serve*

- Once all the vegetables are cooked, divide them between 2 plates or place them all on a large serving platter, top with the chicken and any cooking juices from the pan and garnish with the oven dried tomatoes and olives.

Raymond Blanc

Chef Director,  
Arsenal Diamond Club

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