



THE MEAT HOUSE: 15 Minute Recipe

Your Neighborhood Butcher

GRILLED LEMON TAPENADE CHICKEN WITH ARUGULA SALAD

Serves: 4

Chicken:

- 2 cloves peeled garlic
- 1 teaspoon sea salt
- 1 cup fresh flat leaf parsley
- Zest of 1 small lemon
- Juice of a lemon (reserve half)
- ¼ cup EVOO
- 4 boneless skinless chicken breast, trimmed and pounded flat to ¼ inch thickness

Arugula Salad:

- 2 bunches of washed and stemmed arugula leaves
- ½ head of radicchio (washed)
- ¾ cup of sliced grape tomatoes
- Remaining fresh lemon juice
- 1 pinch sea salt
- Fresh ground pepper to taste

Instructions

In a food processor combine garlic, lemon zest, parsley and EVOO for tapenade. Mix until smooth. Preheat grill on high heat for 15 minutes. Season all sides of the chicken with salt and pepper. Grill for 2 minutes per side. Once chicken has been turned, coat with lemon tapenade. Grill for additional two minutes. Then remove from grill. Toss salad with lemon juice and EVOO and season according to taste.



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