



## Chicken Paillard with Chorizo,

Roasted Fennel, Thyme and Salsa Verde



30-40min



2 Portions

A 'paillard' is essentially meat that's been pounded until very thin, then grilled or pan-fried. It's a simple and fantastic way to speed up cooking time. Here, seared chicken is paired with thyme-laced roasted baby fennel and zucchini, charred chorizo and a zesty green herb dressing to balance out the smoky flavour.

## What we send

- parsley, thyme and 1 garlic clove
- free-range chicken thigh fillet
- 1 baby fennel, 1 lemon and 1 zucchini
- spicy chorizo
- capers

## What you'll require

- Dijon mustard <sup>17</sup>
- olive oil
- sea salt and pepper

## Utensils

- baking paper
- medium frypan
- oven tray
- rolling pin

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 545.0kcal, Fat 42.0g, Proteins 28.8g, Carbs 9.2g



### 1. Prepare fennel

Preheat the oven to 220C. Line an oven tray with baking paper. Trim the **fennel**, then thinly slice lengthwise. Pick the **thyme** leaves. Arrange the fennel on the lined tray in a single layer. Drizzle over **1 tbs oil**, scatter over **half the thyme** and season with **salt and pepper**. Toss to coat, then roast for 5 mins.



### 2. Prepare zucchini

Meanwhile, trim the ends of the **zucchini** and quarter lengthwise. Halve each strip, then cut into batons. After the fennel has been roasting for 5 mins, add **zucchini** to the tray. Toss to combine, then roast for a further 5 mins or until vegetables are golden and tender.



### 3. Pound chicken

Meanwhile, trim the **chicken** of any excess fat, then place fillets between 2 sheets of baking paper and pound with a rolling pin or meat mallet to flatten to 5mm-thick fillets. Finely grate the **lemon** rind and juice the **lemon**. Finely chop the **garlic**. Thickly slice the **chorizo** on the diagonal.



### 4. Marinate chicken

Place the **chicken** in a shallow dish. Add **1 tbs oil, remaining thyme, half the lemon zest, 1 tbs lemon juice, half the garlic** and **salt and pepper**. Turn to coat and set aside.



### 5. Cook meat

Heat a medium frypan over medium-high heat. Add the **chorizo** and cook, turning, for 5 mins or until lightly golden. Remove from pan and keep warm. Add the **chicken** to the same pan and cook for 2-3 mins each side until cooked through. Turn off the heat but leave the chicken in the pan to rest.



### 6. Make salsa verde

Meanwhile, pick **parsley** leaves and coarsely chop. Coarsely chop **capers**. Put **parsley** and **capers** in a bowl. Add **mustard, remaining garlic, remaining lemon zest and juice, remaining 1 tbs oil, salt and pepper**, and stir to combine. Divide chicken, chorizo and vegetables among plates. Spoon over the salsa verde to serve.