



Chicken Paillard with Chorizo,

Roasted Fennel, Thyme and Salsa Verde



30-40min



4 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

- free-range chicken thigh fillets
- parsley, thyme and 2 garlic cloves
- chorizo sausage
- 2 baby fennel, 2 zucchini and 1 lemon
- capers

What you'll require

- Dijon mustard ¹⁷
- 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 560.0kcal, Fat 42.9g, Proteins 31.6g, Carbs 9.1g



1. Prepare fennel

Preheat the oven to 220C. Line 2 oven trays with baking paper. Trim the **fennel**, then thinly slice lengthwise. Pick the **thyme** leaves. Arrange the fennel on the lined trays 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 trays. 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 **1½ tbs oil**, **remaining thyme**, **half the lemon zest**, **2 tbs lemon juice**, **half the garlic** and **salt and pepper**. Turn to coat and set aside.



5. Cook meat

Heat a large frypan pan 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 1½ tbs oil**, **salt and pepper**, and stir to combine. Divide chicken, chorizo and vegetables among plates. Spoon over the salsa verde to serve.