


# CHICKEN PAILLARD

 4 servings

## Ingredients

- 4 boneless, skinless chicken thighs (or 4 breasts, butterflied)
- ⅓ cup dry white wine (optional)
- 1 lemon, juiced
- 1 small shallot, finely diced
- 2 tablespoons extra-virgin olive oil (plus more to cook)
- 2 tablespoons butter
- 2 cloves garlic, minced
- salt & freshly cracked black pepper, to taste

### Optional:

- 1/3 cup dry white wine
- 10 sprigs thyme leaves, leaves only
- ¼ cup parsley, finely chopped (plus more to garnish)

## Instructions

1. Lay out a piece of plastic wrap on a cutting board. Place a chicken thigh on the plastic and top it with another sheet of plastic.
2. Pound chicken thigh with a meat mallet until very thin; careful not to tear the meat. Repeat steps 1 & 2 with the second chicken breast
3. Whisk optional wine, lemon juice, shallot, olive oil, garlic, and optional thyme and parsley together in a shallow bowl.
4. Add chicken thighs to the bowl and marinate for at least 15 minutes and up to a few hours in the fridge, covered.
5. Remove chicken from marinade and season both sides with salt and freshly cracked black pepper. If using the white wine, you can reserve the marinade to deglaze the pan later, if desired.
6. Bring a large skillet to medium high heat. Add a splash of olive oil. When hot, add the butter. When it melts, add the chicken. If the chicken starts to really smoke, turn the burner down to medium.
7. Cook for about 2 minutes per side or until the chicken is cooked through and has a nice golden color. If your pan starts to accumulate burned herbs, then you may need to wipe out between cooking each chicken thigh.
8. Optionally, deglaze the pan with the reserved white wine marinade, reduce for about a minute and taste for seasoning. Drizzle on top of the chicken and garnish with more parsley to serve.

