

Grilled Chicken Breasts

A nice way to use chicken breasts. Naturally, the herb can be varied; tarragon would work very well.

Planning

serves:	2
prep time:	2 hrs
cooking time:	10 mins

Ingredients

2 chicken breasts, boned & skinned
2 heaped tbs chopped fresh oregano
1½ tbs apple cider vinegar
4 tbs olive oil
2 cloves garlic, crushed
1 tbs Dijon mustard
Salt & pepper

Method

Remove the inner fillets from the chicken breasts. Between sheets of cling film, beat the main chicken breasts to about 1cm thickness. (This makes them cook more quickly and stops them shrinking too much in the pan.) The fillets don't need bashing.

Now make the marinade. Add the chopped fresh oregano, vinegar, oil, crushed garlic, mustard and a few twists of salt and pepper to a small glass bowl. Whisk everything together.

Marinate the chicken breasts and fillets for about two hours, turning once or twice.

When you're ready to eat, put a skillet over medium high heat and, when it's hot, lift the chicken breasts out of the marinade and add them to the pan complete with the marinade clinging to them. (You don't need any more oil, there's enough on the chicken.) Brown them for 3-4 minutes on one side, then flip them over and brown the other side similarly. When you flip them, add the chicken fillets to the pan and turn them over after two minutes (these take less time to cook through).

Once the chicken is cooked (juices clear when pierced), rescue them to two warmed plates. Add the remaining marinade to the pan and bubble it for a minute or two to cook off the garlic. Pour this sauce over the chicken.