



Chicken Paillard with Curry Gravy

 Very Healthy

READY IN



24 min.

SERVINGS



4

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 heads bibb lettuce dried cleaned
- 2 tablespoons butter
- 1.5 cups chicken broth
- 1 tablespoon mild curry powder
- 1 teaspoon dijon mustard
- 2 tablespoons flour
- 2 sprigs tarragon fresh chopped
- 4 sprigs tarragon fresh roughly chopped

- 1 clove garlic minced grated
- 1 small ruby grapefruit red with a paring knife (supreme) peeled
- 0.5 juice of lemon
- 0.5 juice of orange
- 1 teaspoon lemon zest
- 2 teaspoons marmalade
- 1 navel oranges with a paring knife (supreme) peeled
- 0.3 cup olive oil extra-virgin
- 3 tablespoons olive oil extra-virgin
- 1 tablespoon orange juice
- 1 teaspoon orange zest
- 0.3 cup peas green frozen
- 3 tablespoons pinenuts
- 4 servings salt and pepper black freshly ground
- 3 tablespoons sesame seed
- 1 large shallots finely chopped
- 1 tablespoon shallots grated
- 24 ounce chicken breasts boneless skinless
- 3 tablespoons sunflower seeds
- 2 tablespoons citrus champagne vinegar

Equipment

- frying pan
- whisk
- pot
- grill pan

Directions

- Cut each chicken breast across but not all the way through the meat and open the breast up; pound gently and flatten to form large, very thin cutlets. Season the chicken with salt and pepper.
- Combine the garlic, zest, juice, tarragon and extra-virgin olive oil in a shallow dish and turn the chicken to coat evenly in the mixture.
- Let marinate 15 minutes.
- Heat a griddle or grill pan over medium-high heat. (Alternatively, chicken can be cooked off 1 at a time in a large skillet.) Shake the excess marinade off the chicken and cook 2 to 3 minutes on each side until cooked through and lightly browned. Discard the marinade.
- Meanwhile, heat a small skillet or pot over medium heat, melt the butter and add the shallot; cook gently 3 minutes.
- Sprinkle with the curry powder and stir; whisk in the flour and cook 1 minute more. Then whisk in the broth and bring to a bubble.
- Add the peas and simmer in the sauce for 2 minutes.
- Spoon the gravy into small pools on a platter and top with the chicken.
- Serve with the Citrus Salad alongside or on top of the chicken.
- Gently toast the sunflower and sesame seeds with the pine nuts in small pan over medium heat.
- Combine the shallot, preserves or honey, Dijon, juice and vinegar.
- Whisk in the extra-virgin olive oil to emulsify and season with salt and pepper.
- Combine the lettuce with the tarragon, orange and grapefruit sections, dress with the seeds and dressing just before serving.

Nutrition Facts

PROTEIN 23.48% **FAT 61.44%** **CARBS 15.08%**

Properties

Glycemic Index:163.08, Glycemic Load:5.96, Inflammation Score:-10, Nutrition Score:45.723478270614%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg,

Eriodictyol: 0.2mg Hesperetin: 9.78mg, Hesperetin: 9.78mg, Hesperetin: 9.78mg, Hesperetin: 9.78mg Naringenin: 19.11mg, Naringenin: 19.11mg, Naringenin: 19.11mg, Naringenin: 19.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 739.81kcal (36.99%), Fat: 51.64g (79.44%), Saturated Fat: 9.78g (61.13%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 22.55g (8.2%), Sugar: 12.17g (13.52%), Cholesterol: 125.67mg (41.89%), Sodium: 596.26mg (25.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.41g (88.82%), Vitamin K: 109.44µg (104.23%), Vitamin B3: 20.52mg (102.62%), Selenium: 64.05µg (91.5%), Vitamin B6: 1.71mg (85.33%), Manganese: 1.62mg (80.82%), Vitamin A: 3841.16IU (76.82%), Vitamin C: 56.78mg (68.83%), Phosphorus: 576.27mg (57.63%), Vitamin E: 8.61mg (57.42%), Magnesium: 151.45mg (37.86%), Potassium: 1298.52mg (37.1%), Folate: 141.22µg (35.3%), Copper: 0.66mg (32.91%), Vitamin B1: 0.49mg (32.78%), Iron: 5.58mg (31.03%), Vitamin B5: 2.99mg (29.88%), Vitamin B2: 0.45mg (26.53%), Fiber: 5.96g (23.85%), Zinc: 2.99mg (19.92%), Calcium: 188.36mg (18.84%), Vitamin B12: 0.37µg (6.16%), Vitamin D: 0.17µg (1.13%)