



Sesame-Crusted Chicken Paillards with Seaweed Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounces chicken breast halves boneless skinless dry washed and patted and trimmed of fat
- ☐ 2 small cucumber peeled halved lengthwise
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon kosher salt
- ☐ 4 servings kosher salt black
- ☐ 4 radishes red trimmed cut into fine strips
- ☐ 1 chilies dried red

- ☐ 1 cup rice vinegar (not seasoned)
- ☐ 2 spring onion white green thinly sliced (and parts)
- ☐ 1 tablespoon sesame oil toasted
- ☐ 0.5 cup sesame seed
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons sugar
- ☐ 0.8 ounce wakame seaweed dried

Equipment

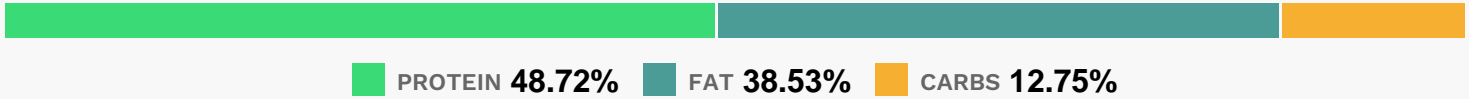
- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen towels
- ☐ spatula

Directions

- ☐ Combine the rice vinegar, sugar, and chile in a small saucepan and cook over medium heat until the sugar is dissolved, about 3 minutes.
- ☐ Remove the chile and discard. Stir in soy sauce and set aside to cool.
- ☐ Cover the dried wakame with warm water in a medium bowl and soak for 5 minutes.
- ☐ Drain, squeeze dry, and set aside in a medium serving bowl.
- ☐ Scoop out the seeds from each cucumber half with a small spoon and slice each cucumber half thinly.
- ☐ Sprinkle the salt over the sliced cucumbers and gently knead with your hands until the cucumber slices release their water, about 3 minutes.
- ☐ Transfer the to a clean kitchen towel, wrap the towel around the cucumbers, and squeeze out as much water as possible.
- ☐ Add to the bowl with the wakame.
- ☐ Add the radishes, cilantro, and scallions to the wakame and cucumbers.

- ☐ Add half the rice vinegar mixture and 2 tablespoons of the sesame seeds. Toss to combine, and refrigerate until serving.
- ☐ Light a grill for direct high heat, about 500°F.
- ☐ Coat the chicken breast halves with the sesame oil and the remaining 6 tablespoons sesame seeds.
- ☐ Place one of the breast halves on a large sheet of plastic wrap, season it with salt and pepper, top with another sheet of plastic wrap, and pound until uniformly 1/16 inch thick and the approximate diameter of a dinner plate. Set aside. Repeat with the remaining breast halves, using fresh sheets of plastic for each one.
- ☐ Brush the grill grate and coat liberally with oil.
- ☐ Remove the plastic wrap from one side of 2 of the flattened breasts and place them on the grill so that they are spread out flat. The easiest way to do this is to support it from the plastic-wrapped side with your open hand and flip it onto the grill. Immediately lift off the sheets of plastic wrap. Grill until the chicken looks opaque at the edge, about 30 seconds. Flip with a spatula and grill 15 seconds on the other side.
- ☐ Remove to a platter, cover to keep warm, and repeat with the other 2 chicken breast halves.
- ☐ Serve each paillard spread out flat on a dinner plate; it should nearly cover the entire serving surface of the plate.
- ☐ Drizzle the remaining rice vinegar mixture over the paillards, and place a large mound of seaweed salad in the center of each one.
- ☐ From Fire It Up: More Than 400 Recipes for Grilling Everything by Andrew Schloss and David Joachim. Text copyright © 2011 by Andrew Schloss and David Joachim; photographs copyright © 2011 by Alison Miksch. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:70.27, Glycemic Load:5.36, Inflammation Score:-7, Nutrition Score:31.759565114975%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 455.08kcal (22.75%), Fat: 18.91g (29.08%), Saturated Fat: 3.11g (19.44%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 10.9g (3.96%), Sugar: 7.71g (8.56%), Cholesterol: 145.15mg (48.38%), Sodium: 3065.01mg (133.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.78g (107.56%), Vitamin B3: 25.24mg (126.22%), Selenium: 79.68µg (113.83%), Vitamin B6: 1.92mg (96.2%), Phosphorus: 639.77mg (63.98%), Copper: 0.93mg (46.54%), Manganese: 0.75mg (37.71%), Magnesium: 148.2mg (37.05%), Vitamin B5: 3.54mg (35.36%), Potassium: 1098.79mg (31.39%), Iron: 4.35mg (24.19%), Calcium: 226.68mg (22.67%), Vitamin B1: 0.33mg (22.25%), Zinc: 3.03mg (20.23%), Vitamin B2: 0.34mg (19.79%), Vitamin K: 20.13µg (19.17%), Folate: 56.38µg (14.09%), Fiber: 3.17g (12.68%), Vitamin C: 7.22mg (8.75%), Vitamin B12: 0.45µg (7.56%), Vitamin A: 252.45IU (5.05%), Vitamin E: 0.65mg (4.3%), Vitamin D: 0.23µg (1.51%)