

A tangy lemon rind and caper freshly chopped gremolata adds life to simple chicken fillets.

Serves 4

Cooking style: Pan-fry
Other suitable cuts: thigh fillets

Equipment: chopping board, cook's knife, vegetable peeler, food processor, large non-stick frying pan with lid, egg flip

4 free-range chicken fillets, tenderloin removed (can be used for another recipe)
9 oz/250 g cherry tomatoes, halved

Gremolata

½ large bunch flat-leaf parsley, stems removed
3 cloves garlic, peeled
1 lemon, cut the rind into strips with a vegetable peeler and juice the lemon
2 tablespoons drained capers
3 tablespoons olive oil
salt flakes and plenty freshly ground black pepper

In a food processor, place the parsley, garlic, lemon rind, capers and 2 tablespoons olive oil. Process until finely chopped.

Spread the chicken fillets thinly on both sides with the gremolata. Heat the frying pan over a medium low heat.

Add the chicken and cook without moving for 3–4 minutes each side, turning only once during the cooking. About half way through the cooking, sprinkle with a little lemon juice—this adds some moisture and helps the chicken cook evenly and stay moist.

Add the tomatoes, cover with the lid and cook for another 2–3 minutes or until cooked through and the tomatoes have split a little.

NOTE: When peeling the lemon strips, try to not have the white pith on the inside of the zest, as the pith is quite bitter.

LEMON AND CAPER GREMOLATA SEARED CHICKEN

Fixing What Went Wrong

The gremolata falls off the chicken. **Reason:** The gremolata was too chunky. Process until fine.

The gremolata is singed and burnt. **Reason:** The pan is too hot and the herb crust has burnt.

Chicken is dry. **Reason:** The chicken has been overcooked. Breast fillets are very lean. Cook until there is still juice and just cooked through. Adding the lemon juice and cooking with the lid on at the end will also help.

