

## Recipe: Chicken Paillard with Grilled Eggplant Relish

Yields: 8 Servings

<b>Ingredients</b>	<b>Amount</b>
Eggplant	1
Olive Oil	1 tsp.
Onions (diced)	1
Garlic (minced)	2 cloves
Carrots (diced)	1
Celery (diced)	2
Tomato Paste	1 tbsp.
Crushed Tomatoes w/ juice	6 oz.
Plumb Tomatoes (concasé)	2
Capers	1 tbsp.
Green Olives/pitted, sliced	8
Fresh Oregano	pinch
Fresh Basil (chiffonade)	1 tbsp.
Fresh Italian Parsley	1 tsp.
Red Wine Vinegar	1 tbsp.
Sugar	1 tsp.
Salt and Pepper	to taste

### Method:

1. Peel and slice eggplant  $\frac{1}{4}$  inch thick. Season with salt and pepper, spray grill to avoid sticking. Grill on both sides until tender and set aside, when cool cut into  $\frac{1}{4}$  inch pieces.
2. In sauce pan add onion and cook until translucent, add garlic, carrots and celery. When vegetables become caramelized lower heat and add the grilled eggplant and all remaining ingredients.
3. Let simmer for approximately 15 minutes stirring periodically until mixture thickens. Remove from heat and let cool.

## For the Chicken Paillard

<u>Ingredients</u>	<u>Amount</u>
5 oz. Boneless Chicken Breasts	8
Balsamic Vinegar	2 tbsp.
Olive Oil	1 tbsp.
Salt and Pepper	to taste
Oregano	pinch

1. On a cutting board lay out siran wrap, place chicken breasts on siran and cover with another sheet of siran.
- 2 .Pound out chicken until thin, place in stainless steel bowl, add balsamic vinegar, olive oil, salt and pepper to taste and a pinch of oregano.
- 3 .Pre- Heat grill, when grill is hot grill chicken 2 minutes on each side. Place on serving platter and top with 3 oz. of chilled eggplant salad and garnish with fresh basil.

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