

# GRILLED CHICKEN PAILLARD WITH ARUGULA AND TOMATO

SERVES 4

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*2 boneless, skinless chicken breasts*  
*Juice of 1 lemon + 3 Tablespoons lemon juice*  
*Olive oil*  
*Sea salt and black pepper*  
*1 clove garlic*  
*1 teaspoon Dijon mustard*  
*8 ounces arugula*  
*1 tomato, chopped*  
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1. Place the chicken breasts one at a time in between to pieces of parchment paper or plastic wrap and pound to a ¼-inch thickness. You can use a meat mallet or a rolling pin. The idea is to get the chicken to an even thickness all around. Remove from the paper and place in a glass baking dish and squeeze the juice of 1 lemon on top. Drizzle with an equal amount of olive oil. Sprinkle with ½ teaspoon sea salt or kosher salt and black pepper to taste. Allow to sit at room temperature for 30-60 minutes.
2. Heat the grill to medium. In the meantime, prepare the salad dressing. Cut the garlic clove in half and rub the inside of a medium bowl with the cut side of the garlic. Add the garlic to the bowl. To the bowl, add 3 Tablespoons lemon juice, Dijon mustard, ½ teaspoon sea salt, and black pepper to taste. Whisk to combine. Pour ½ cup olive oil into the bowl, whisking constantly to emulsify. Taste for seasoning and tartness. Add more oil if necessary.
3. Remove chicken from marinade and grill a few minutes on both sides until golden brown. Place on a cutting board. Arrange the arugula on a platter and drizzle with enough of the dressing to coat lightly. Cut the chicken into strips and arrange on top of the arugula. Scatter tomatoes on top and drizzle a little more dressing. Or arrange the chicken on a platter and top with dressed arugula leaves and tomato.

Notes: I also love this salad with chickpeas, olives, shaved parmesan cheese, or thinly sliced fennel.

Do ahead: you can make the dressing several days in advance and wash and dry your greens in advance, too. Just wrap them in a damp kitchen towel and store in the refrigerator.