

GRILLED CHICKEN PAILLARDS

(from the Bewitching Kitchen)

3 chicken breasts, boneless, sliced in half lengthwise
1/4 cup lemon juice + zest
1/8 cup lime juice
1/4 cup olive oil
3 tsp grated ginger
1 tsp red pepper flakes (or less)
1 Tbsp honey
salt and coarsely ground black pepper

After slicing each chicken breast in half, pound them carefully with a meat mallet (protecting the meat with some plastic wrap), until you have a thin filet, preferably less than 1/2 inch thick.

Mix all the ingredients for the marinade (lemon juice + zest, lime juice, olive oil, honey, ginger, and red pepper flakes), whisk well. No need to try and form a stable emulsion, just mix well and add the marinade to the chicken, coating the meat well. Place in the fridge for a few hours or overnight.

When you are ready to cook it, remove it from the fridge and leave the filets in a single layer on a baking dish for 30 minutes to bring to room temperature. Right before grilling, season with salt and pepper on both sides.

Cook on a hot grill for 6-8 minutes total time, flipping the filets halfway through cooking time, and serve it with lime or lemon slices.