

## Chicken Paillards with vegetables

Henri T. de Hahn recipe

Serves: 2

- 1 large chicken breast washed and dried
- ½ fennel bulb thinly sliced
- ½ medium size red onion sliced
- 8-10 sweet small red, orange and yellow peppers
- ½ pear cut thinly
- Olive oil and butter for grilling the chicken
- Handful of fennel green stems and leaves
- Kosher salt and fresh ground black pepper



Photograph: Henri T. de Hahn

1. Preheat oven to 400F
2. Set all vegetables in a pan and sprinkle with salt, pepper and olive oil
3. Cook in oven till cooked but still a little crunchy (~ 20 minutes)
4. 5 minutes before vegetables are done, cut chicken breast in thin slices crossway (4-5 slices). Salt and pepper.
5. Cook in skillet with a little olive oil and butter. Let cook on one side till nice and brown, turn over, cover skillet and reduce heat to cook other side. Check carefully as slices are thin, and chicken cooks rather fast.
6. Heat serving plates and dinner plates.
7. Plate chicken and vegetable and serve with Risotto.