

**TUESDAY'S**  
**PAN-GRILLED SMASHED**  
**CHICKEN FILLETS WITH**  
**GREEN HERB SAUCE**

*"These thin smashed fillets need a minute or two to sear but remain moist. They are fantastic with the herby sauce and potatoes."*

**Serves 4**

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes**

**Cooking: 4 minutes**

**skinless, boneless chicken breast fillets 4**

**olive oil**

**sea salt and freshly ground black pepper,**  
to taste

**steamed potatoes, for serving**

**fresh herbs, to garnish**

**For the green herb sauce, blend:**

**fresh dill 4 t chopped**

**fresh mint 4 t chopped**

**watercress 35 g chopped**

**garlic 1 clove, crushed**

**olive oil 2 T**

**lemon juice 1 T**

**sea salt and freshly ground black pepper,**  
to taste

**1** Place the chicken fillets between 2 sheets of baking paper and flatten until very thin using a meat mallet or a rolling pin. Oil and season.

**2** Sear in a very hot pan until brown but still moist. Serve with the sauce and steamed potatoes and garnish with fresh herbs.

**FAT-CONSCIOUS, WHEAT- AND GLUTEN-FREE**

**WINE: Waterkloof Sauvignon Blanc 2013**



**R27 PER**  
**SERVING**