

15-Minute Chicken Paillards Recipe | Bon Appetit

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Ingredients

2 large skinless, boneless chicken breasts (about 8 ounces each)

Kosher salt, freshly ground pepper

5 tablespoons olive oil, divided

$\frac{1}{2}$ small head of cabbage, very thinly sliced (about 4 cups)

$\frac{1}{2}$ small red onion, very thinly sliced

$\frac{1}{2}$ teaspoon crushed red pepper flakes

2 tablespoons red wine vinegar

Method

Pound chicken between 2 sheets of plastic wrap to $\frac{1}{4}$ " thick; season with salt and pepper. Heat 1 Tbsp. oil in large skillet over high. Carefully place 1 chicken breast in skillet (laying it away from you) and cook until golden brown and nearly cooked through, about 3 minutes. Turn and cook until cooked through, about 1 minute (second side will not brown). Transfer to a large plate. Repeat with 1 Tbsp. oil and remaining cutlet. Let the cutlets rest while you make the slaw.

Toss cabbage, onion, and red pepper flakes in a medium bowl; season with salt. Drizzle in vinegar and remaining 3 Tbsp. oil and toss again. Top cutlets with slaw.

Notes

11 WW Freestyle Smartpoints

Source: Bon Apetit (2 servings)