Garlicky Griddled Chicken Breasts –

Pechugas a la placha al ajillo

Ingredients (for 2 portions)

2 pieces boneless, skinless chicken breasts

1 tbsp oil 2 tbsp butter

3 cloves garlic; peeled, and chopped

1 lime; washed, halved, use one half for juice,

save the other (see below)

1 orange; washed, halved, use for juice only

Salt, to taste

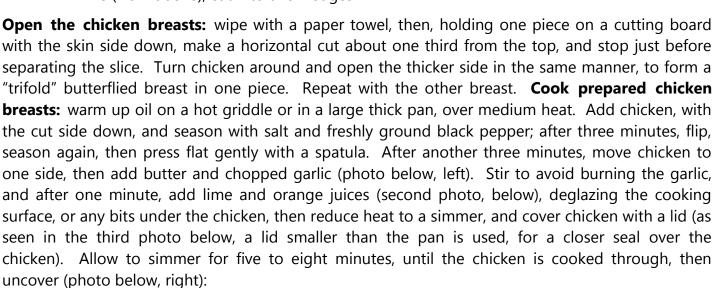
Black pepper, to taste; freshly ground

To serve:

2 lettuce leaves; washed, dried, and sliced

1 tomato; washed, stem spot removed, and sliced

½ lime (from above); cut into two wedges











Let the sauce thicken for a couple of minutes. Divide lettuce and tomato slices between two dinner plates, and sprinkle lightly with salt; add one wedge of lime, and a piece of chicken on each plate. Top each breast with half the sauce from the pan, and serve immediately (photo at the top.)

