

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



Open the chicken breasts: wipe with a paper towel, then, holding one piece on a cutting board with the skin side down, make a horizontal cut about one third from the top, and stop just before separating the slice. Turn chicken around and open the thicker side in the same manner, to form a “trifold” butterflied breast in one piece. Repeat with the other breast. **Cook prepared chicken breasts:** warm up oil on a hot griddle or in a large thick pan, over medium heat. Add chicken, with the cut side down, and season with salt and freshly ground black pepper; after three minutes, flip, season again, then press flat gently with a spatula. After another three minutes, move chicken to one side, then add butter and chopped garlic (photo below, left). Stir to avoid burning the garlic, and after one minute, add lime and orange juices (second photo, below), deglazing the cooking surface, or any bits under the chicken, then reduce heat to a simmer, and cover chicken with a lid (as seen in the third photo below, a lid smaller than the pan is used, for a closer seal over the chicken). Allow to simmer for five to eight minutes, until the chicken is cooked through, then uncover (photo below, right):



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.)