

Lemon Rosemary Chick'n | Plant-Based

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 1 hour 15 minutes

Marinating & Grilling the Chick'n

To prepare the marinade, place the freshly-squeezed lemon juice and olive oil into a bowl. Mince the garlic. Remove the leaves from the rosemary and finely chop. Add the garlic, rosemary and chili flakes to the marinade and whisk to combine. Make sure to taste the marinade and adjust it to suit your taste. Set aside.

To prepare the Chick'n, place each scallopini on the cutting board. Cover with plastic wrap and pound with a mallet to even out the thickness. Each half should be about 1/4-inch thick when done. Season the Chick'n on both sides with salt and pepper to taste.

Place the Chick'n into a shallow dish and thoroughly coat with the marinade. Cover with plastic wrap and transfer to the refrigerator. Let marinate for approximately one hour.

When ready to cook, preheat your grill or grill pan to high. Clean and then oil the grate with a paper towel that has been doused in oil. Drain the Chick'n from the marinade and lightly pat dry with paper towels. Discard the marinade.

Place the Chick'n onto the grill diagonally (cut side up first). Grill each side for approximately two minutes or just until cooked through and firm to touch. Transfer to a serving platter and cover with vented foil to rest for a few minutes. Sprinkle with freshly chopped parsley and drizzle with a bit of extra-virgin olive oil, if desired.

Step 1: Marinating & Grilling the Chick'n

- 2 tbsp fresh lemon juice
- 6 tbsp extra virgin olive oil
- 1 small garlic clove
- 1 tbsp fresh rosemary
- 1/4 tsp dried chili flakes
- 4 Chick'n Scallopini
- sea salt, to taste
- ground black pepper, to taste
- Italian flat-leaf parsley (for garnishing)
- extra virgin olive oil (for finishing)

Step 2: Serving Options

- Kale & Basil Pesto (optional)

To serve this grilled Chick'n on its own: serve with grilled spring and summer vegetables, such as grilled zucchini spears, bell peppers and/or asparagus.

To serve in a sandwich: use a freshly baked ciabatta roll and on one side of the bread spread an even layer of vegan mayonnaise. On the other side of the bread spread an even layer of Kale & Basil Pesto, finish with some leaf lettuce, slices of tomatoes and one or two pieces of the grilled Lemon Rosemary Chick'n.