



Pan Seared Chicken Breast with Artichokes, Feta & Kalamata Olives Tapenade, Wild Mushroom Risotto and Maple Glazed Carrots

Ingredients

For the chicken:

4 – 5oz. Chicken breast (washed)
½ cup all purpose flour
Salt
Pepper
3 Tbsp. butter

For the tapenade:

3 oz. pitted kalamata Olives
3 oz. Artichoke hearths (canned)
3 oz. crumbled feta cheese
1 ½ Tbsp. Olive oil
Salt and pepper

For the risotto:

3 Tbsp. Olive oil
½ Cup diced onions
3 oz. Sliced button mushrooms
3 oz. Sliced shiitake mushrooms
3 oz. Sliced portabella mushrooms
1 ½ Cups Arborio risotto
2 Cups chicken stock
1 Cup heavy whipping cream
Salt to taste
Ground black pepper to taste

For the carrots:

6 Large carrots peeled and cut into strips
4 Tbsp. butter
¼ Cup maple syrup
1 Tbsp. fresh thyme leaves
Salt
Pepper

Directions (serves 4)

In a bowl, mix the flour, salt and pepper. Set a side.

Heat up the oil for the risotto in a large sauce pan. Add the onions and mushrooms until transparent in color and mushrooms are soft. Add risotto and sauté for 4 minutes stirring constantly. Add the chicken stock and keep cooking until rice is almost tender, add the cream, and season with salt and pepper to taste. Set a side.

Chop the olives, and artichoke hearths, add to a mixing bowl. Add the olive oil and mix well. Season with salt and pepper to taste. Set a side

Dust the chicken in with the seasoned flour. Heat up the butter in a sauté pan, add the chicken, and reduce the heat to medium low. Cook chicken for about 5 to 6 minutes on each side until golden brown and internal temperature reaches 160 degrees.

Meanwhile, heat up butter in a heavy saute pan over medium low heat. Add carrots, cover and braise, stirring occasionally, until carrots are fork tender, 10 to 15 minutes. Increase heat to medium, and stir in glaze and lemon juice, cook for two more minutes, then season to taste with salt and pepper, add thyme and mix well.

Set the carrots towards the middle of the plate, place the chicken over the carrots and add the risotto in the opposite side. Top with the tapenade.



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