

Poached Chicken Breast with Arugula, Herb Sauce – Chef Susan Johnson

4 chicken breast fillets, trimmed and flattened slightly

Olive oil for brushing

Cracked black pepper

5 oz snow pea leaves, washed and dried

Brush the chicken breasts with a little oil and sprinkle with black pepper. Place the chicken in a steamer over rapidly simmering water and steam for 3-5 minutes, or until just cooked through.

Arugula Sauce

1 ½ cups arugula chiffonade

¼ cup fresh dill, chopped

¼ cup flat leafed parsley, chopped

2 cloves garlic, sliced

1 Tbl Dijon mustard

2 Tbl capers, rinsed

½ cup olive oil

2 Tbl lemon juice

Sea salt to taste

Place arugula, dill, parsley, garlic, mustard and capers in the food processor bowl and process until smooth. Add the oil and lemon juice and process until combined.

To Serve:

Slice each chicken breast into three pieces. Pile the snow pea leaves into serving plate and top with the chicken. Spoon the sauce over and serve