

# Cooking School

*with the London Chef*

## Pan Roast Rosemary Chicken with Tuscan Salsa Verde, Bruschetta & Zucchini Salad

A note: This recipe is flexible, and you can adjust it to your taste. Add more or less of what you like, and feel free to make substitutions - enjoy cooking. These measurements will feed 2 people, often with leftovers, and can be doubled. You may need larger cooking equipment or to cook in batches when cooking for more people.

### Chicken

2 chicken breasts  
Splash of white wine  
2 sprigs fresh rosemary

### Salsa Verde

¼ bunch fresh parsley  
¼ bunch fresh mint  
2 garlic cloves  
1 tsp Dijon mustard  
20 capers  
A squeeze of lemon  
(2 fillets of anchovy - optional)

### Bruschetta

½-1 baguette  
10 cherry tomato  
6 basil leaves  
¼ red onion  
A splash of sherry vinegar

*\* GF friendly, sub GF bread*  
*\* DF friendly, omit cheese*

### Zucchini Salad

1 whole zucchini  
A handful arugula  
15-20 almonds  
Small chunk Grana Padano cheese

### Cooking Equipment

Preheat oven to 350 F  
Hand blender & container for blending (a 1L yogurt container is perfect)  
2 mixing bowls  
Large oven-safe frying pan (most frying pans are oven-safe)  
Baking tray  
Wooden spoon  
Tongs  
Knife  
Cutting board  
Grater  
Vegetable peeler  
Olive oil  
Canola oil  
Salt

# Cooking School

*with the London Chef*

## Method

1. Preheat the oven to 350 F. Have your oven-proof frying pan on a high heat on the stove while drying the chicken breasts by patting with a paper towel or a cloth. Once the pan is hot, add a small glug of olive oil followed by the chicken breast, skin side down. Season the chicken with a generous pinch of salt. Cook the chicken for a minute or two, and then pop the frying pan into the oven to roast. Cook for about 20-25 minutes in the oven, depending on the thickness of your chicken. Remove from the oven when cooked, and place the pan back on the stove at medium-high. \*Please note that the pan handle will be very hot when coming out of the oven.\* Into the pan, splash white wine and the rosemary (or any winter herbs) then cook for another minute or two, until the wine reduces to a glaze. Serve when ready! For a richer flavour, you can add a dollop of butter at the last minute.
2. Cut your baguette into slices (thickness of your thumb), diagonally. Lay the slices onto the baking tray with a generous amount of olive oil and salt. Place the tray into the preheated oven and cook for about 10 minutes, removing the bread when it starts to turn golden brown. While the bread is in the oven, in a mixing bowl, add thinly sliced red onion, small diced tomato, ripped basil leaves, a splash of sherry vinegar, olive oil and salt. Mix everything thoroughly, even breaking up the tomatoes a little bit. Carefully place the tomato mixture on the slice of baked bread. Voila, that's your bruschetta!
3. Using a vegetable peeler, slice the zucchini into long strips then place them in a large mixing bowl. Add chopped up almonds, arugula, lemon zests and grated Grana Padano cheese. Just before serving, add lemon juice, salt and a glug of olive oil. Mix the salad gently then serve.
4. Grab a container wide enough to fit a hand/immersion blender (a 1L plastic yogurt container works perfectly). Into the container, add the following: parsley, mint, garlic, capers, mustard, lemon juice and anchovy fillets - optional. Slowing pouring some olive oil (and a splash of water if too thick), blend away. Drizzle over the perfectly cooked chicken and plate the salad and bruschetta beside!