

Chicken Breasts with Salsa Verde



Salsa Verde (green sauce) is very easy to prepare and turns a simply-cooked chicken breast into a tasty treat. While you can use any style of New Zealand extra virgin olive for this recipe, it is very suitable for a full-flavoured, robust style.

- 1 tablespoon capers, rinsed and well drained
- 1 anchovy fillet
- 1 – 2 garlic cloves, peeled and chopped
- 1 teaspoon finely grated lemon rind
- 1 tablespoon lemon juice
- 1½ cups fresh parsley sprigs
- ½ cup mixed fresh herbs – basil, rocket, tarragon and chives
- ¼ cup New Zealand extra virgin olive oil
- salt and freshly ground black pepper to taste
- 4 chicken breast fillets, skin on
- olive oil

Prepare the sauce. Place all the ingredients except the extra virgin olive oil and salt and pepper into a food processor or blender. Process until finely chopped.

With the machine running, add the oil slowly and process until the mixture is smooth. Season to taste with salt and black pepper.

Preheat the oven to 180OC.

Prepare the chicken breasts. Gently ease the skin from the meat but do not remove it completely. Spread a layer of the sauce evenly over the breast. Reserve some sauce to top the chicken when cooked. Replace the skin over the chicken and sauce, then brush with a little olive oil.

Place the chicken breasts on a rack in a roasting dish. Cook in the preheated oven for 25 – 35 minutes or until the juices run clear when the chicken is pierced.

Top each chicken breast with Salsa Verde before serving. Great served on rice.