

# Pollo Empanao & Tomato Salad



**Serves 4    Prep 40 mins + 1h marinating    Cooking 15 mins    Easy**

## Ingredients

4 skinless chicken breasts  
50ml extra virgin olive oil  
100ml white wine  
1 lemon, zested & juiced  
6 tbsp plain flour  
2 large eggs, beaten  
150g fine dry breadcrumbs  
sunflower or olive oil, for shallow frying

## For the lemon mayonnaise

2 egg yolks  
1 lemon, zested & juiced  
250ml light olive oil  
2-3 tbsp extra virgin olive oil

## For the tomato salad

750g very ripe heirloom vine tomatoes, sliced  
50ml white wine  
2 tsp sherry vinegar  
5 tbsp extra virgin olive oil, for drizzling

1. Sandwich each chicken breast between 2 sheets of baking parchment. Using a rolling pin, gently bash each one so it flattens to 1cm thick, trying not to break the flesh. Remove the parchment and put in a large ceramic or glass dish.
2. Whisk the olive oil, wine, lemon zest & juice together in a small jug or bowl, & season well. Pour over the chicken, making sure it is evenly coated. Cover & marinate in the fridge for at least 1 hr, but preferably overnight.
3. To make the mayonnaise, whisk the egg yolks with some salt & pepper & the lemon zest, in a bowl, and blend with a hand blender. Gradually add the light olive oil in a steady stream, whisking or blending constantly, until you have a thick mayonnaise. Whisk in the extra virgin olive oil and add the lemon juice to taste.
4. When you are ready to cook the chicken, put the flour, egg and breadcrumbs into 3 separate shallow bowls. Shake off any excess marinade, then dip each breast into the egg, then finally through the breadcrumbs, ensuring they are evenly coated. Set aside.
5. To make the salad, arrange the tomato slices on a serving platter. Season with salt & pepper. Whisk the white wine and a little seasoning in a small jug or bowl, then whisk in the olive oil. Pour over the tomatoes and set aside.
6. Pour 2 cm oil in a wide, deep frying pan over a medium-high heat. Once the oil is shimmering, fry the breaded chicken on each side until golden & cooked through for 5-7 mins - depending on how thick the chicken breasts are. You may need to fry in batches.. Drain on kitchen paper to absorb any excess oil, then serve warm with the lemon mayonnaise & the tomato salad. Or, allow to cool, & store in a container and chill to eat later.