

Easy Juicy Herby Grilled Chicken Cutlets

2 boneless skinless chicken breast slice into two cutlets or buy precut chicken cutlets and place one cutlet at a time between two pieces of plastic wrap pound to an even thickness. Pre cut ones may not need too much pounding...

Serious eats link :

<http://www.seriousseats.com/2015/07/knife-skills-how-to-cut-chicken-breasts-into-cutlets.html>

Prepare a brine for the chicken, 6 cups water and 1/3 cup kosher salt then stir until salt is dissolved. I like to mince and mix in a few garlic cloves and some ground pepper allow cutlets sit in brine, covered and refrigerated for about 30 minutes.

In the mean time prepare an herb rub for the chicken, I just chopped a parsley, sage, rosemary, thyme and oregano blend (about 2 1/2 tablespoons) with another dose of minced garlic, 2 cloves for 4 cutlets, season with salt and pepper., Set aside while you slice a couple of lemons in half to grill along with the chicken.

Drain and gently rinse cutlets under cold water, pat dry and place in a deep dish, drizzle EVOO over cutlets, season with salt and pepper then rub the herb mixture all over...Now you can pan sear, grill or use a grill pan to cook the the cutlets. Grilling takes just a few minutes on either side, mine too about 4 minutes, but you can use a meat thermometer to reach desired temperature, plate the cutlets and serve with the grilled lemons...