

Sat 31st Jan '26



BOREALIS

Chicken Milanese with balsamic cherry tomatoes, leaves, Parmesan,
lemon, pickled red onion & red pepper puree



INGREDIENTS FOR 4 PORTIONS:

- 4 coated chicken fillets
- 160 g red pepper puree
- 80 ml basil oil
- Rocket, baby red chard, fresh basil leaves — enough for 4 plates (roughly 40–50 g total per portion)
- 80 g shaved parmesan cheese
- 80 g pickled red onion or 160 g pickled fennel
- 8g cherry tomatoes with balsamic (or 2 per portion)

METHOD FOR SERVING THE DISH:

flour, egg, breadcrumbs, parmesan, herbs

1. To order - heat a blend of olive and sunflower oil in a frying pan over medium-high heat. Carefully place the breaded chicken cutlets away from you into the hot oil.
2. Fry the chicken for a few minutes on each side, add 20gr butter (per chicken breast towards the end of cooking) cook until they are golden brown and cooked through.
3. In a bowl, mix the rocket and baby red chard with pickled red onion, pickled fennel, torn basil leaves and a drizzle of basil oil, season with salt and pepper.
4. Warm the bottle of red pepper puree slightly so it is not cold.
5. Warm the cherry tomatoes and balsamic vinegar and place in the centre of the plate. Drizzle with a little extra red pepper coulis
6. When the chicken is cooked, drain on paper towel to remove excess oil. Place neatly on top of the balsamic tomatoes, if the fillet is quite big you can cut it in half on the angle and place one piece on top of the other.
7. Carefully place the mixed dressed salad on top of the chicken adding height to the plate.
8. Neatly drizzle dots of red pepper sauce going from large dots to small dots as shown. Use plenty so the dish is not dry.
9. Finish with a drizzle of basil oil to the left of the plate and serve immediately.

*finish
2-05-17
side*