

Pollo alla Griglia

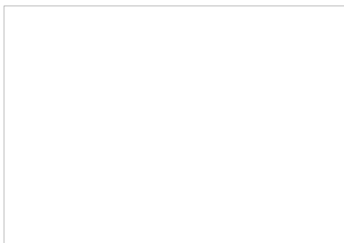


INGREDIENTS

(4 portions)

2 or 4 free range
chicken breast
Coarse sea salt
A bunch of
rosemary
Pepper to taste
[Extra virgin olive
oil](#)

Wine pairing suggestions



[Montepulciano d'Abruzzo, Nicodemi](#)

Description

Pollo alla griglia, grilled chicken breast, is a simple and light second course, ready in more or less 10 minutes. Very easy to prepare, the perfect grilled chicken will stay moist

Preparation

Rinse and dry the chicken breasts, if they are big, divide them into fillets, cutting them in the center, lengthwise. Eliminate the cartilage and bone and brush it with a sprig of rosemary dipped in extra virgin olive oil (this will prevent it from drying out during cooking).

When the meat is ready for cooking, heat a grill or a non-stick pan well, sprinkle the surface with a little salt (useful to prevent the chicken from sticking) and then lay the slices. If they are very thick, cook them over low heat for about 8 minutes on each side. If, on the other hand, they are not, 4-5 minutes per side should be enough on medium heat.

Pollo alla griglia can be served on a bed of salad, with flakes of Parmesan cheese and cherry tomatoes or with vinaigrette with 1 teaspoon of [balsamic vinegar](#), 3 tablespoons of extra virgin olive oil, salt and pepper, pour them into a jar, close the cap, shake well and season the meat and vegetables.