

Alpine Marinated Chicken with Watercress Salad

Chicken

1. Chop 3 cloves of garlic finely and add to marinade (container A). Save the other cloves of garlic for your Asian Pork Lettuce Wrap recipe.

Container A Ingredients: Olive Oil, Red Wine Vinegar, Worcestershire Sauce, garlic, onion, salt, pepper, red pepper,

2. If you want to grill the chicken, cut the chicken breasts in half. If you want to cook them in a skillet, cut them into 4 strips.
3. Add chicken and marinade to a dish or plastic bag. Let chicken marinate for 10 minutes.
4. Take the chicken out of the marinade and put some salt and pepper on the chicken.
5. a. If you are cooking in a skillet, add a little olive oil to the skillet and cook each piece for about 10 minutes on medium to high heat. Turn them a couple times.
b. If you are grilling, cook on each side for about 7 minutes. Make sure chicken is cooked through.

Bacon

Add bacon to a skillet and cook it until it is pretty crispy. Then break it into little pieces.

Dressing

1. Juice and zest a lemon (only use half of the lemon if you have a 2 serving kit) and add it to container B and whip everything really well with a whisk.
2. Then add the blue cheese to the container and stir it in. If the container is too full, you can transfer it all to a bowl.

Container B Ingredients: Olive Oil, Dijon Mustard

Plate

Wash watercress and cut off the thicker stems. If there are roots attached make sure and cut the roots off too.

Slice the avocado into chunks. I like to quarter them.

Cut the tomatoes in half... unless you like them whole

Put watercress, avocado, bacon pieces, tomatoes and chicken into separate little piles on your plate. Then you drizzle the dressing over the salad it is really thick and delicious. Start with drizzling a tablespoon, you don't want to over dress this salad. I like to add some salt and pepper to my avocado and tomatoes too. Enjoy!!!