

Z-LIGHTFUL GRILLED CHICKEN BREAST

8/5/2024

Plate: Dapple Rectangle

To Go: 3 Compartment

STEP #1: INGREDIENTS

1 each [Chicken Breast - Marinated](#)

STEP #2: INGREDIENTS

To Glaze Vegetable Oil

SETUP / GARNISH

2 each Choice of Sides

STEP 1: TO COOK

1. Place the chicken breast on the grill **smooth side down at a 45 degree angle**.
NOTE: Do NOT place chicken breasts on the hottest part of the grill. Doing so will result in a dry, tough, and stringy chicken breast.
2. Grill until score marks appear, then **rotate 90 degrees** on the grill. Do not flip.
3. **Once diamond score marks are achieved, flip the chicken breast.**

STEP 2: TO COOK

1. Allow the chicken breast to cook undisturbed until the thickest part of the chicken is firm to the touch and the juices run clear.
NOTE: DO NOT OVERCOOK!
2. Brush the smooth side of the chicken breast with vegetable oil.
NOTE: Do not use the same oil used to brush on raw items.
3. Remove the chicken breast from the grill, and place on a cutting board.
4. Make 4 cuts across the chicken breast at a 15° bias cut, resulting in 5 slices.

SET UP / GARNISH

Reference the attached pictures for plating setup & garnishing.

NOTE: Both Zlightful sides are served off the plate.

NOTE: Do NOT garnish with green onions.

