

# GRILLED CHICKEN BREAST - DINNER

9/18/2024

Plate: Beef Plate

To Go: 3 Compartment

## STEP #1: INGREDIENTS

2 each [Chicken Breast - Pounded](#)

## STEP #2: INGREDIENTS

To Glaze [Cooked Melted Butter for Chicken](#)

## SETUP / GARNISH

2 TBL [Green Onions - Chopped](#)

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 glazing butter.  
**NOTE: Do not use the same butter used to brush on raw items.**
3. Remove the chicken breast from the grill, and place on a cutting board.

## SET UP / GARNISH

**Reference the attached pictures for plating setup & garnishing.**

**NOTE: The thickest parts of both chicken breasts must slightly overlap.**

**NOTE: Both side items are served off the plate.**

