GREEN GODDESS GRILLED CHICKEN

Chicken breast is brined in dill and garlic, then grilled to tender perfection. Finished with a creamy green goddess sauce and served with grilled summer vegetables.

INGREDIENTS

- [ ] 4 pieces Mountaire® Black Label Fresh Boneless Single Lobe Breasts, Skinless (25688)

DILL AND GARLIC BRINE

- [ ] 2 cups water
- [ ] 2 tbsp granulated cane sugar
- [ ] 3 tbsp kosher salt
- [ ] 3 sprigs dill, fresh
- [ ] 1 tbsp garlic cloves, minced
- [ ] ½ cup white onions, sliced lengthwise
- [ ] 1 tsp black peppercorns, whole
- [ ] 1 cup ice
- [ ] 2 tbsp white distilled vinegar

GREEN GODDESS SAUCE

- [ ] 1 cup Greek yogurt, plain
- [ ] ¼ cup fresh basil, stems removed
- [ ] ¼ cup fresh parsley, roughly chopped
- [ ] ¼ cup fresh green onions, roughly chopped
- [ ] 1 tbsp tarragon, roughly chopped
- [ ] ¼ cup extra virgin olive oil
- [ ] 2 tbsp lemon juice
- [ ] ½ tbsp lemon zest
- [ ] 1½ tsp kosher salt
- [ ] ½ tsp black peppercorns, ground



PREPARATION

Yield: 1 serving

1. Make the brine: In a sauce pot on medium heat, combine water, sugar, and salt until dissolved. Add dill, garlic, white onion, and black peppercorns. Lower heat and simmer for 3–5 minutes to infuse water with aromatics. Remove from heat and add ice and vinegar, and let mixture cool to room temperature.
2. Brine the chicken: In a lidded container, add chicken and cooled brine. Cover and chill for at least 2 hours, up to overnight.
3. Make the green goddess sauce: In a blender, puree Greek yogurt, basil, parsley, green onion, tarragon, olive oil, lemon juice, lemon zest, kosher salt, and black pepper until smooth. Transfer to a lidded container and keep chilled until service.
4. Grill brined chicken: Remove chicken breasts from brine and grill on medium heat until internal temperature reaches 165°F. Remove from grill and let rest for 5 minutes.

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