

# in Foster Farms finals

## Panko-Crusted Lemon Butter Chicken with Israeli Couscous Salad

### Chicken:

- 4 chicken breast halves, boneless and skinless
- 2 tablespoons olive oil
- 1 teaspoon salt, pepper
- 2 cups all-purpose flour
- 2 eggs, beaten
- 2 cups panko (Japanese breadcrumbs)
- 2 tablespoons lemon juice
- 4 tablespoons butter

### Salad:

- 2 tablespoons olive oil
- 1 shallot, minced
- 2 cloves garlic, minced
- 1 box (about 8 ounces) Israeli couscous
- 1½ cups chicken stock
- 1 tablespoon Dijon mustard
- 2 tablespoons lemon juice
- ½ teaspoon salt, pepper
- ⅓ cup olive oil
- ¼ cup diced red onion
- 1 cup crumbled feta cheese

1. Warm olive oil in a large skillet over medium-high heat. Season chicken with salt and pepper. Place flour, eggs and panko in separate flat bowls. Dredge chicken in flour, dip in eggs, then coat lightly with panko. Saute chicken, turning, until done, about 5 minutes per side. Set aside; keep warm.

2. Prepare couscous salad by placing olive oil in medium saucepan over medium-high heat. Add shallot and garlic and saute until lightly browned, 2 minutes. Add couscous and brown 5 minutes, stirring constantly. Add chicken stock, bring to a boil, cover and reduce heat. Simmer 15 minutes or until liquid is absorbed.

3. Meanwhile, whisk mustard, lemon juice, salt and pepper in a small bowl. Slowly whisk in olive oil. Add red onion and feta. Toss with couscous.

4. Melt lemon juice and butter together.

5. To serve, spoon couscous on plate or serving platter. Top with chicken. Drizzle with lemon butter.

— *Rebekkah Leber,*

*Foster Farms West Coast Chicken Cooking Contest finalist*