

## Pollo alla Griglia



### INGREDIENTS

(4 portions)

2 or 4 free range  
chicken breast  
Coarse sea salt  
A bunch of  
rosemary  
Pepper to taste  
[Extra virgin olive  
oil](#)

### Wine pairing suggestions



[Montepulciano d'Abruzzo, Nicodemi](#)

### Description

Pollo alla griglia, grilled chicken breast, is a simple and light second course, ready in more or less 10 minutes. Very easy to prepare, the perfect grilled chicken will stay moist

### Preparation

Rinse and dry the chicken breasts, if they are big, divide them into fillets, cutting them in the center, lengthwise. Eliminate the cartilage and bone and brush it with a sprig of rosemary dipped in extra virgin olive oil (this will prevent it from drying out during cooking).

When the meat is ready for cooking, heat a grill or a non-stick pan well, sprinkle the surface with a little salt (useful to prevent the chicken from sticking) and then lay the slices. If they are very thick, cook them over low heat for about 8 minutes on each side. If, on the other hand, they are not, 4-5 minutes per side should be enough on medium heat.

Pollo alla griglia can be served on a bed of salad, with flakes of Parmesan cheese and cherry tomatoes or with vinaigrette with 1 teaspoon of [balsamic vinegar](#), 3 tablespoons of extra virgin olive oil, salt and pepper, pour them into a jar, close the cap, shake well and season the meat and vegetables.