Lemon Mint Chicken Cutlets on Watercress\*  
Mint is a powerful herb. A natural digestive aid, mint has been valued for its  
anti-microbial and anti-  
fungal properties for centuries.  
serves 3 or 4  
Ingredients  
1 1/4 lbs thinly sliced skinless, boneless, free-range chicken breasts  
1 1/2 tbsp grated lemon zest (from 2 lemons)  
3 tbsp fresh lemon juice  
2 tbsp olive oil  
2 tbsp chopped fresh mint, plus extra for garnish  
to taste salt and coarsely ground black pepper  
1 bag (4 oz) watercress, trimmed (B&W brand if available)

Preparation  
1. Heat a ridged grill pan over medium-high heat (or prepare an outdoor grill for direct grilling over medium-high heat).  
2. If necessary, place the chicken between sheets of plastic wrap and pound to a uniform ¼ inch thickness.  
3. In a large bowl, whisk the lemon zest, lemon juice, oil, mint, ½ tsp salt, and ½ tsp pepper until the dressing is blended. Reserve ¼ cup of the dressing.  
4. Toss the chicken cutlets with the remaining dressing. Place the chicken in the grill pan (or on the outdoor grill) and cook, turning them over once, for 4 to 5 minutes.  
5. To serve, toss the watercress with the reserved dressing, and divide it among 3 or 4 plates. Top with the chicken, and garnish with chopped mint.