



Rathbun's Atlanta
Kevin Rathbun

POACHED CHICKEN & ZUCCHINI-PARMESAN SALAD
Yields 4 portions

For the Chicken:

1 each Whole Chicken 3 ½ lb average
1 oz Ginger (chunked)
2 each Whole Scallion (chopped)
3 tbsp Kosher Salt
Water to cover

For the salad:

6 each zucchini (quartered lengthwise and peeled with a vegetable peeler)
3 oz parmesan reggiano (shaved with a vegetable peeler)
2 oz cold pressed olive oil
1 Tbsp lemon juice
1 Tbsp basil chiffanade
Salt & cracked black pepper to taste

Procedure:

In a large pot place chicken, ginger, scallion and salt cover with cold water and bring to a boil, boil once water has boiled turn off heat and cover let sit for 1 hour. Remove and pull meat from bones discarding all skin. Reserve

Quarter zucchini and vegetable peel lengthwise, when you get to the seeds discard
In a mixing bowl toss zucchini, cheese, oil, lemon, basil and salt and pepper. Add chicken and serve immediately.