



Dill-Dijon Chicken Recipe
Café Vincenzo of Gateway Community College
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Recipe Ingredients:

- 4 8 oz. boneless/skinless chicken breast
- 3 tablespoons of fresh chopped dill
- 1 cup of Panko breadcrumbs
- 4 tablespoons of Dijon mustard
- 4 tablespoons of freshly squeezed lemon juice
- 2 tablespoons of olive oil
- 1 peeled and finely chopped garlic clove
- Salt and pepper

Recipe Instructions:

1. Pre-heat oven to 375°F.
2. Mix dill, breadcrumbs, mustard, lemon juice, and garlic in a bowl. Set aside.
3. Season chicken breast with salt and pepper on both sides.
4. Heat an oven-ready sauté pan to medium-high heat and pour in olive oil.
5. Place chicken breasts into pan, flat side up and sear on both sides flipping once.
6. Remove pan from heat.
7. Coat top of each chicken breast with dill mixture.
8. Bake in oven at 375°F until golden brown and internal temperature is 165°F.
9. Salt and pepper to taste.

***Note: If you have any questions about the recipe, email Dave McCoart at mccoartd@gmail.com.**