



Chicken and Apple Flatbread with Caramelized Shallots

For the flatbread:

1 1/2 cups (7 1/2 oz./235 g) whole-wheat flour

1 Tbs. olive oil, plus more for brushing

Salt and freshly ground pepper, to taste

3 tsp. olive oil

4 shallots, thinly sliced

1 tsp. balsamic vinegar

1 tsp. dried rosemary

1 chicken breast, about 3/4 lb. (375 g)

1 Tbs. fresh lemon juice

Salt and freshly ground pepper, to taste

1/2 cup (2 oz./60 g) shredded Monterey jack cheese

1 small apple, cored and thinly sliced

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To make the flatbread, put the whole-wheat flour in a bowl with 3/4 cup (6 fl. oz./180 ml) water and the 1 Tbs. olive oil and stir with a wooden spoon to make a dough. Transfer the dough to a lightly floured work surface and knead just until it comes together, about 1 minute. Cut the dough into 4 equal pieces and roll each piece into a round about 1/8 inch (3 mm) thick. Lightly brush both sides of each flatbread with olive oil and season with salt and pepper.

Warm a stove-top grill pan over medium-high heat. Cook the dough pieces until grill-marked and crusty, about 2 minutes per side. Transfer to a baking sheet.

Preheat an oven to 350°F (180°C).

In a frying pan over medium-high heat, warm 2 tsp. of the olive oil. Add the shallots and sauté until they start to brown. Reduce the heat to low and cook, stirring occasionally, until deep brown, about 15 minutes. Add the vinegar and rosemary and cook for another 2 minutes.

Cut the chicken horizontally into 2 pieces. Coat the chicken with the remaining oil and the lemon juice, and season with salt and pepper. Warm the grill pan over medium heat and grill the chicken slices until cooked through, about 6 minutes per side. Transfer to a cutting board and cut into thin slices.

To assemble, top each flatbread with the cheese, chicken, apple slices and shallots, dividing them evenly. Bake until the cheese is melted, about 3 minutes, and serve. Serves 4.

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