

Creamy Lemon Parmesan Chicken

2 servings
40 minutes

Ingredients

1/3 cup all-purpose flour
2/3 cup freshly grated Parmesan, divided
1 tsp garlic powder
Zest of 1/2 lemon
1 large boneless skinless chicken breast pounded and cut in half
Kosher salt
Freshly ground black pepper
1 tbl-light olive oil
2 tbl butter
2 clove garlic, minced
3 cups baby spinach
1 cup heavy cream
2/3 cup low-sodium chicken broth
1 lemon, sliced in rounds and halved
Pasta, Rice or gnocchi

Directions

On a large plate, combine flour with 3 tbl Parmesan, garlic powder, and lemon zest. Season generously with salt and pepper and mix thoroughly with a fork. Dredge each chicken breast on all sides with flour mixture. Set aside.

In a large skillet over medium-high heat, heat oil until shimmering but not smoking. Add chicken and sear until golden, 3 minutes. Flip and cook until opposite side is golden, around 3 minutes more. Remove from pan and set aside.

Turn heat down to medium and add butter to pan. When butter is melted add garlic and cook until fragrant, about 1 minute. Add spinach and cook until wilted, 1 to 2 minutes. Add chicken broth, cream, and remaining Parmesan and season with more salt and pepper. Stir to combine. Add lemon slices and bring to a simmer and cook until thickened slightly, 3 to 4 minutes. Return chicken to skillet and simmer until chicken is cooked through, 3 to 5 minutes more.

When chicken is cooked, remove skillet from heat and serve with pasta, rice or my favorite, gnocchi.