

Garlic Chicken Piccata

Cook time: 25 minutes

2 servings

Ingredients

1 large boneless and skinless chicken breast cut in half, pounded thin

1 tbl flour (all purpose or plain)

1 tbl fresh Parmesan cheese finely grated

½ tsp salt

¼ tsp black cracked pepper

2 tbl unsalted butter divided

1 tbl olive oil divided

2 large cloves garlic minced

1/8 cup dry white wine (can be omitted)

¾ cup chicken stock

½ tbl fresh lemon juice

1/8 cup brined capers rinsed

1/8 cup fresh parsley chopped

Parmesan Cheese to serve

Directions

In a shallow bowl, combine the flour and parmesan cheese. Season the chicken with salt and pepper; dredge in the flour mixture; shake off excess and set aside.

In a large pan or skillet heat ½ tablespoon of butter and ½ tablespoon of oil over medium-high heat. When hot, fry chicken until golden on each side and cooked through (about 3-4 minutes each side, depending on the thickness of your chicken). Transfer to a warm plate.

In the same pan, melt one more ½ tablespoon of butter. Fry the garlic for 30 seconds until fragrant. Deglaze the pan with wine. When wine almost evaporates, pour in the stock, lemon juice and capers and allow to boil until reduced slightly (about 6 minutes). Adjust salt and pepper if needed.

Add remaining ½ tbl of butter to the pan, allow to melt, then add chicken back into the pan along with all of the juices from the plate and simmer for 5 minutes to heat through.

Garnish with parsley and serve immediately with parmesan cheese, if desired.