

Chicken Piccata



Serves: **6**

Prep Time: **10 min**

Cook Time: **30 min**

Ingredients

2 pounds chicken cutlets or breasts, boneless, skinless, butterflied to create thinner pieces

½ teaspoon freshly cracked black pepper

1 ¾ teaspoons sea salt

1 cup flour

10 tablespoons unsalted butter

4 tablespoons extra-virgin olive oil

1 shallot, finely chopped

1 tablespoon minced garlic (from 4-6 cloves)

1 ½ cups chicken stock

1 teaspoon lemon zest (from 1 lemon), plus more to taste

1 tablespoon fresh lemon juice

2 tablespoons capers, drained

Fresh parsley, chopped, optional

Method

- 1.** Season the chicken all over with the pepper and 1½ teaspoons of the salt. Place the flour in a shallow bowl. Dip each piece of the chicken in the flour, turning to coat and shake off any excess. Discard the flour when finished dredging.
- 2.** Heat 3 tablespoons butter and 2 tablespoons oil in a large skillet set over medium-high until the butter has melted. Add half of the chicken and cook until golden brown and cooked through, about 2-3 minutes per side. Repeat with the remaining chicken, adding more butter and oil to the skillet as needed. Transfer the chicken to a serving platter.
- 3.** Add the shallot to the pan and cook, stirring occasionally, until soft and fragrant, about 2 minutes. Add the garlic and cook, stirring, until fragrant, 1 minute more. Stir in the stock and simmer until the liquid is reduced by half, 4-5 minutes. Reduce heat to low, then stir in 4 tablespoons of the butter, capers, lemon zest, lemon juice and the remaining ½ teaspoon of salt.
- 4.** Pour the sauce over the chicken and garnish with parsley before serving.