

Dreamy Chicken Francese



This is a fabulous main dish and is company worthy. Serve with rice and a cooked vegetable for a complete meal. Word of warning: it is not diet friendly

Prep: 15 mins

Cook: 20 mins

Total: 35 mins

Servings: 3

Yield: 3 servings



Ingredients

3 (5 ounce) boneless, skinless chicken breasts

2 tablespoons tapioca starch

2 tablespoons all-purpose flour

¼ teaspoon salt

2 large eggs

3 tablespoons olive oil

2 tablespoons salted butter, divided

3 cloves garlic

1 cup whipping cream

¾ cup chicken broth

¼ cup Pinot Grigio wine (Optional)

½ medium lemon, juiced

2 tablespoons chopped fresh parsley

½ teaspoon salt

¼ teaspoon ground black pepper

Directions

Step 1

Preheat the oven to 200 degrees F (95 degrees C).

Step 2

Use a sharp knife to cut each chicken breast horizontally into 3 thin pieces.

Step 3

Combine tapioca starch, flour, and salt in a shallow dish and mix well. Place eggs in another shallow dish, and beat well.

Step 4

Heat olive oil and 1 tablespoon butter in a skillet over medium heat. Dip chicken first in flour mixture, then into the eggs, coating completely. Cook chicken, in batches if necessary, until golden and no longer pink in the center, 2 to 3 minutes per side. Remove chicken to a rimmed baking sheet lined with a drip tray.

Step 5

Place chicken in the preheated oven to keep warm.

Step 6

Meanwhile, reduce heat to medium-low, and melt remaining 1 tablespoon butter in the skillet. Saute garlic until fragrant, about 1 minute. Stir in cream, broth, wine, lemon juice, parsley, salt, and pepper. Cook, stirring constantly, until sauce has reduced. Sauce can break if the heat is too high and it's not stirred regularly. Serve chicken topped with sauce.

Nutrition Facts

Per Serving:

733 calories; protein 36.6g; carbohydrates 14.9g; fat 57.5g; cholesterol 335mg; sodium 1077.8mg.