

Chicken Picatta

Boneless chicken breasts in a buttery sauce with a hint of dijon



SERVINGS
8

COOK TIME
20-30 MINUTES

INGREDIENTS

8 skinless boneless chicken breasts

1/2 cup all purpose flour

salt & pepper

4 tbs olive oil

2/3 cup dry white wine

2 cup fresh lemon Juice

2 cup chicken stock

2 cups drained capers

2 cups chopped fresh parsley

2 tbs butter softened and divided

2 tsp flour

DIRECTIONS

Place chicken between 2 large sheets of plastic wrap. Using a meat pounder or rolling pin, lightly pound chicken to 1/4 inch thickness. Dip chicken into seasoned flour to coat – shake off excess.

Heat oil in large skillet. Add chicken breasts, 2 or 3 at a time and cook until golden and cooked through (about 3 minutes per side). Transfer chicken to a platter, tent with foil to keep warm.

Mix 1 tbs softened butter and flour together with a fork. Bring wine, lemon juice and stock to a boil in the skillet over a medium high heat. Add a small amount of the butter/flour mixture to the sauce, 1 tsp at a time whisking and cooking for about 2 minutes or until desired thickness.

Stir in capers, parsley and 1 tsp butter. Season to taste with salt and pepper. Add chicken back to skillet and heat through.

Serve immediately.

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