

Chicken Piccata

Serves 2

25 mins

1 main ingredient

What you'll need

Main ingredients

2 chicken breasts, butterflied

Fresh/ frozen

½ cup cup finely grated parmesan cheese

50-60g unsalted butter

2-4 cloves garlic, minced

Juice of ½ lemon

Fresh parsley, roughly chopped

Store cupboard

250ml stock, chicken or veggie

2 tbsp capers

Olive oil, 1-2 tbsp

Salt & Pepper, to taste

125ml white wine (optional)

What to do

1. Butterfly the chicken breasts or cut them in half horizontally.
2. Mix the grated parmesan with some salt and pepper on a dinner plate, & dredge the chicken to coat both sides.
3. Heat a tbsp of olive oil in a large frying pan and add a third of the butter (about 20g) over a medium-high heat. Sear the chicken on both sides and cook until golden (about 3-4 minutes each side). Remove from the pan and set aside.
4. Add the wine (if using) or a dash of the chicken stock to deglaze the pan, add the minced garlic and let it simmer for 3-4 minutes and reduce by about half. Then add the stock, lemon juice, capers and rest of the butter, stirring until it begins to simmer again.
5. Add the chicken back to the pan. Spoon the sauce over the chicken and let it simmer for a couple of minutes until warmed through.
6. Plate up, serve with some lemon slices and a handful of roughly chopped parsley.
7. Serve with your favourite choice of side.

Notes & tips

- chicken is cooked though at 75c

- Recipe inspiration came from a recipe by Lisa Bryan of Downshiftology, and is linked here

<https://downshiftology.com/recipes/chicken-piccata/> - there's a great how to make youtube video you can watch too!