



CHICKEN PICCATA

INGREDIENTS

2 boneless skinless chicken thighs

1 scoop Ketologie Roast Chicken Bone Broth

1 tbsp minced garlic

2 tbsp butter

2 tbsp capers

2 tbsp olive oil

½ cup water

Juice of 1 lemon

1 tbsp Dijon Mustard

1 tbsp fresh chopped parsley

2 eggs

¼ cup heavy cream

½ cup almond flour

2 tbsp grated Parmesan

Salt & pepper to taste

INSTRUCTIONS

Place chicken thighs in large freezer bag and tenderize using the flat side of a meat mallet until chicken thighs are of even thickness.

Prepare dry dredge by combining almond, Parmesan and salt & pepper

Prepare wet dredge by combining eggs, cream and salt & pepper

Dredge chicken thighs first in wet then dry mixture until fully coated

Cool chicken thighs over medium heat in olive oil for 2-3 minutes per side until golden

Remove chicken thighs and finish cooking in a 350 degree F. oven for 10-15 minutes until chicken internal temperature reaches 165 degrees F.

While chicken is in the oven complete the sauce by deglazing the pan with garlic, capers and the juice of one lemon

Add water and Ketologie Roast Chicken Bone Broth,
Reduce sauce by half

Turn off heat and whisk in Dijon Mustard then slowly add the butter until sauce is fully combined. Finish with fresh parsley

Remove chicken from the oven and top with lemon caper sauce.

Title	Chicken Piccata
Servings	2
Nutrition Facts (per 1 Serving)	
Calories	551
Total Fat	30.8 g
Saturated	1.1 g
Trans	0 g
Polysaturated	1.3 g
Monounsaturated	6.0 g
Cholesterol	275.8 mg
Sodium	493.1 mg
Total Carbohydrates	7.4 g
Dietary Fiber	1.8 g
Sugar	1.1 g
Added Sugars	0 g
Sugar Alcohol	0 g
Protein	42.1 g
Vitamin D	0.5%
Calcium	18.5%
Iron	19.4%
Potassium	67.8 mg
Vitamin A	52.5%
Vitamin C	15.8%