
Lemony Chicken

Total time: 40 min Yield: 4 Servings

Ingredients

1 large lemon (zested, set zest aside; peeled and thinly sliced)
2 Tbsp unsalted butter
2 Tbsp olive oil
1 onion (sliced thin)
4 chicken breasts (thinly sliced)
1/4 cup flour (seasoned with garlic salt and pepper)
1/2 cup chicken stock
1/2 cup white wine (or chicken stock)
2 tsp fresh thyme (dried will do)
2 Tbsp fresh chopped parsley
salt (to taste)
fresh ground black pepper (to taste)

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Instructions

Use a zester or knife to remove the outer yellow part of the lemon skin in long, thin strips (avoid the white pith). Then peel the skin from the lemon and slice thin. Set aside. Heat half the butter and oil in a large non-stick pan over medium heat, and cook the onion until slightly translucent and soft. Set the onion aside.

Toss the chicken pieces in the seasoned flour. Add the remaining oil and butter to the pan and set heat at medium. Working in batches, cook the chicken until lightly browned, then remove from the pan and continue to cook until all the chicken is browned. Return the onion and all the chicken to the pan along with the lemon slices and add the chicken broth and wine. Bring to a boil, and keep boiling until the liquid is reduced by a little more than half. Stir in the thyme and parsley and season with a little salt and pepper. Top with strips of lemon zest.

Recipe brought to you by:

Chef Michi Holland

Source:

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