
Chicken Piccata

Total time: 30 min Yield: 2 Servings

Ingredients

7 oz spaghetti
2 pieces chicken breasts (6 to 7 oz. each)
1 cup all-purpose flour
salt
pepper
5 Tbsp olive oil (divided)
2 Tbsp butter (divided)
1 Tbsp onions (minced)
1 tsp garlic (minced)
1 Tbsp lemon juice
1/4 cup white wine
2 oz chicken stock or broth
5 Tbsp capers (divided)
1 Tbsp Italian parsley (chopped)
1 Tbsp parmesan cheese (optional)
1 tsp lemon zest (optional)

Prep Time: 10 min Cooking Time: 20 min Total Time: 30 min

Instructions

Cook spaghetti according to package directions; strain and set aside.

Clean and slice the chicken thinly or pound to tenderize. Add the flour to a shallow dish and season with salt and pepper. Place the chicken into the flour mixture and coat all surfaces; pat off excess flour. Heat a sauté pan with 3 tbsp. olive oil and 1 tbsp. butter. Pan sear the chicken for 5 to 6 minutes over medium high temperature. Add the onions and garlic and cook for 2 to 3 minutes. Lower the heat to medium low and deglaze the pan with lemon juice, wine, chicken stock or broth and 3 tbsp. capers.

Rinse and pat dry 2 tbsp. capers. Heat 2 tbsp. of olive oil in a separate frying pan over medium high heat; add capers and cook until crispy, about 2 to 3 minutes. Remove from oil, drain on paper towels or fine screen; set aside.

Remove chicken from the sauté pan, leaving the sauce behind. On low heat, add 1 tbsp. butter and parsley to the sauce. Heat the mixture until it thickens to your desired consistency.

To serve, plate pasta then layer with chicken and butter-garlic sauce. Top with crispy fried capers,

grated parmesan cheese and lemon zest, if desired.

Recipe brought to you by:

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