



RECIPE



CREAMY LEMON CHICKEN WITH HERBS

INGREDIENTS:

2 lb	chicken breast
3 tbsp	olive oil, plus more if necessary
1 tbsp	kosher salt, plus more for seasoning
1/4 tsp	freshly ground black pepper, plus more for seasoning
1/4 tsp	garlic powder
1 cup	all purpose flour, 2 tbsp reserved
2 tbsp	butter
1 sm	shallot, minced
1 lg	garlic clove, minced
1/2 cup	dry white wine
1 1/2 cup	chicken broth
1 tbsp	fresh squeezed lemon juice
1 tbsp	heavy cream
3	slices of lemon, cut in halves
4 tbsp	fresh flat leaf parsley, roughly chopped
2 tbsp	fresh tarragon, roughly chopped

DIRECTIONS:

Start by trimming any excess fat off the chicken breast and then slice breasts into medallions.

In a prepping tray, place the flour, 1 tablespoon of salt, freshly ground black pepper and garlic powder.

Using a fork, distribute the spices throughout the flour to season it evenly. Reserve 2 tbsp of the flour mixture for later. Dredge the chicken pieces in the flour mixture, making sure to shake off the excess flour.

In a high-sided sauce pan (that has a lid for simmering), heat olive oil over medium-high heat. In batches, sauté the chicken, taking care to not over crowd the pan. Cook the chicken about 2 minutes per side until the chicken has a golden brown color on the outside but is not fully cooked. Set chicken medallions aside and start to make the lemon sauce.

Lower the heat to medium and add butter, shallots and garlic. Season with a pinch of salt and pepper. Stir until fragrant, about 1 minute. Sprinkle in the reserved flour and cook it out, about another 1 minutes. Add in the tablespoon of lemon juice and white wine, and deglaze the bottom of the pan, scraping off all the bits that was left behind by the chicken. Add in the broth and whisk continuously until sauce thickens. Add the heavy cream, parsley and tarragon and stir to combine.

Place the chicken back in the pan and make sure all the pieces are covered by the sauce. Take the halved slices of lemon and place them throughout the pan. Cover and cook on simmer for 30 minutes.

Serves: 4



