

## Chicken Piccata with Mediterranean Capers & Lemon

### INGREDIENTS:

4 SERVINGS

2-4 boneless, skinless chicken breast halves (1 1/2 pound total)  
2 Tbsp grated Parmesan cheese  
1/2 cup flour  
Salt and pepper  
2 Tbsp olive oil  
3 Tbsp butter  
3/4 cup chicken stock or dry white wine  
2 Tbsp lemon juice  
\*1/4 cup capers  
1/4 cup fresh chopped parsley

### METHOD

- Place chicken breast in between two pieces of plastic wrap and pound them with a meat hammer to 1/4-inch thickness.
- Mix together the flour, salt, pepper, and grated Parmesan. Dip them thoroughly in the flour mixture, until well coated.
- Heat olive oil and 2 tablespoons of the butter in a large skillet on medium high heat. Add half of the chicken pieces. Brown well on each side, about 3 minutes per side. Remove the chicken from the pan and reserve to a plate. Cover with aluminum foil and keep warm in the oven while you prepare the sauce.
- Add the chicken stock (or white wine), lemon juice, and capers to the pan. Use a spatula to scrape up the browned bits. Reduce the sauce by half. Whisk in the remaining 2 tablespoons of butter. Plate the chicken and serve with the sauce poured over the chicken. Sprinkle with parsley.

Serves 4.

\* **Chef's Tip** – Try substituting or adding sun dried tomatoes, nicoise olives, artichoke hearts (cooked), dried fruit, spinach or other items in place of the capers