

3X5

Easy Creamy Lemon Chicken

INGREDIENTS:

Chicken

2 large chicken breasts
Salt and pepper
1 teaspoon Italian herb seasoning
½ cup all-purpose flour
Olive oil

Creamy Lemon Sauce

3 cloves garlic, minced
2 tablespoons unsalted butter
½ cup chicken broth
2 tablespoons fresh lemon juice, plus more to taste
1 cup heavy cream
Salt and pepper to taste
Fresh chopped parsley for garnish
Lemon slices for garnish



Directions:

1. Cut each chicken breast in half lengthwise to get thinner cutlets. Over plastic wrap, slightly pound the chicken to even thickness as needed using a meat mallet. This is for even cooking and to tenderize the chicken a bit.
2. Season both sides of the chicken cutlets with salt, pepper, and Italian seasoning (per chicken cutlet, use about ¼ teaspoon each: Kosher salt, ground black pepper, Italian herb seasoning). Dredge the seasoned chicken in flour and shake off any excess.
3. Heat some olive oil in a large nonstick skillet over medium heat. Cook prepared chicken on both sides, about 4-5 minutes per side, until golden brown or until internal temperature reaches 165 degrees F. Remove chicken from pan and set aside.
4. Don't wipe the pan clean. Melt 2 tablespoons unsalted butter, then add garlic, and cook until fragrant. Add chicken broth and 1 tablespoon lemon juice. Taste it and add the second tablespoon of lemon juice if desired. Bring to a light simmer. Then stir in heavy cream plus salt and pepper to taste until evenly combined.
5. Return chicken to pan and bring to a simmer. Simmer for another 4-5 minutes until the sauce has thickened a bit.
6. Serve with lemon slices and freshly chopped parsley. Enjoy!

4X6

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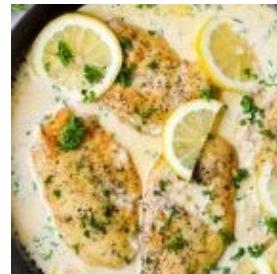
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NOTE: SPECIAL EQUIPMENT: Meat tenderizer tool or meat mallet

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