

# Chicken Piccata

Serves 2-3

## What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none"><li>2 chicken breasts, butterflied or cut through</li></ul>	<ul style="list-style-type: none"><li>½ cup cup finely grated parmesan cheese</li><li>50-60g unsalted butter</li><li>2-4 cloves garlic, minced</li><li>2 large cloves garlic</li><li>Juice of ½ lemon</li><li>Fresh parsley, roughly chopped</li></ul>	<ul style="list-style-type: none"><li>250ml stock, chicken or veggie</li><li>2 tbsp capers</li><li>White wine (optional), 125ml</li><li>Olive oil, 1-2 tbsp</li><li>Salt &amp; Pepper, to taste</li></ul>

## Method:

1. Butterfly the chicken breasts or cut them in half horizontally
2. Mix the grated parmesan with some salt and pepper on a dinner plate & dredge the chicken to coat both sides
3. Heat a tbsp of olive oil in a large frying pan and add a third of the butter (about 20g) over a medium>high heat. Sear the chicken on both sides and cook until golden (about 3-4 minutes each side). Remove from the pan and set aside
4. Add the wine (if using) or a dash of the chicken stock to deglaze the pan, add the minced garlic and let it simmer for 3-4 minutes and reduce by about half. Then add the stock, lemon juice, capers and the rest of the butter, stirring until it begins to simmer again
5. Add the chicken back to the pan. Spoon the sauce over the chicken and let it simmer for a couple of minutes until warmed through
6. Plate up, and sprinkle with a handful of roughly chopped parsley leaves
7. Serve with your favourite choice of side

## Notes & tips

**cooked temp** to check your chicken is cooked properly, use a food thermometer at the thickest part of the meat - it should read 75 degrees c

**recipe inspiration** came from a recipe by Lisa Bryan of Downshiftology There's a great 'how to make' youtube video that you can watch too! <https://downshiftology.com/recipes/chicken-piccata/>