Chicken Piccata

Quick · Serves 4

Ken's note: TBD

Thin chicken cutlets, lightly floured and pan-seared, in a bright lemon-caper pan sauce finished with butter. Serve over pasta, rice, or zucchini noodles (salt and drain the zucchini first).

Ingredients

- 4 boneless, skinless chicken breasts (about 1½ lb), cut in half horizontally or pounded to ½ inch
- Salt and black pepper
- ½ cup flour, for dredging
- 2 Tbsp olive oil
- 3 Tbsp butter, divided
- 2 garlic cloves, minced
- ¾ cup chicken broth
- ⅓ cup fresh lemon juice (2 lemons), plus slices for garnish
- 3 Tbsp capers, drained
- 2 Tbsp heavy cream (optional, for a silkier sauce)
- 2 Tbsp chopped parsley

Method

1. Pat the chicken dry, season both sides lightly with salt and pepper, and dredge in flour, shaking off the excess.
2. Heat the oil and 1 Tbsp of the butter in a large skillet over medium-high heat. Sear the chicken in batches, 3–4 minutes per side, until golden and 165°F inside. Move it to a rack in a 200°F oven (loosely tented) to hold while you finish the rest.
3. In the same pan over medium heat, cook the garlic for 30 seconds. Add the broth and lemon juice, scraping up the browned bits, then the capers, and simmer 4–5 minutes until slightly reduced. Off the heat, whisk in the remaining 2 Tbsp butter (and the cream if using) until glossy. Taste and salt at the end; the capers are salty.
4. Return the chicken to the pan or plate it and spoon the sauce over. Garnish with parsley and lemon.

Notes

Tip. for fewer carbs, dredge in almond flour or finely crushed plain pork rinds instead of flour.