

Creamy Lemon Chicken

By Audrey Plant

Ingredients

2 pounds chicken breasts(about 3 breasts)
1/2 teaspoon pepper
1 teaspoon kosher salt
1/4 cup all-purpose flour(for dredging)
2 tablespoons extra-virgin olive oil
2 tablespoons unsalted butter
1/2 large white onion, diced
4 cloves garlic, minced
1/2 cup dry white wine
1 teaspoon salt
Juice 2 lemons, additional sliced lemons to garnish
1 cup heavy cream
4 sprigs fresh thyme
1 1/2 tablespoon fresh parsley, rough chopped
2 tablespoons Parmigiano Reggiano, grated

Instructions

1. Using a meat mallet, lightly pound chicken breast on both sides until slightly flatten.
2. Season with pepper and salt, then, dredge both sides with flour. Dust off any excess flour.
3. In a large skillet, preheat to medium heat and add olive oil and butter. Once the butter has melted add chicken breast. Cook for 3 minutes on each side. Remove chicken and set aside.
4. Sauté onions and garlic in the remaining oil/butter for 3- 4 minutes until translucent.
5. Add white wine to deglaze the skillet. Scape the remaining onion and garlic from the bottom of the pan with a spatula. Turn heat down to medium-low. Add salt and lemon juice.
6. Whisk in heavy cream until combined, place par-cooked chicken back into skillet. Bring the pan to a simmer and cook for 4-5 minutes on low. The sauce should be reduced and creamy.
7. Add fresh thyme, parsley, and lemon slices for garnish. Sprinkle grated Parmigiano Reggiano over top right before serving.