



Chicken Breast Cutlets with Artichokes and Capers

Savannah · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

6

Description

An easy and elegant chicken dish Perfect when served familystyle on a platter

Ingredients

- - 1 cup whole wheat or white flour - ½ teaspoon salt - ? teaspoon white pepper
- or to taste - ? teaspoon black pepper
- or to taste - 2 pounds chicken breast tenderloins or strips - 2 tablespoons canola oil - 2 tablespoons extra-virgin olive oil - 2 cups chicken broth - 2 tablespoons fresh lemon juice - 1 (12 ounce) jar quartered marinated artichoke hearts
- with liquid - ¼ cup capers - 2 tablespoons butter - ¼ cup chopped flat-leaf parsley

Instructions

1. Combine flour
2. salt
3. and white and black peppers. Dredge chicken in seasoned flour and shake off excess. Heat canola oil and olive oil in a large skillet over medium-high heat. Add chicken breasts and cook until golden brown on both sides
4. and no longer pink on the inside; set aside. Pour in chicken broth and lemon juice. Bring to a simmer
5. scraping the bottom of the pan to dissolve the caramelized bits. Add artichoke hearts and capers
6. return to a simmer
7. and cook until reduced by half. Whisk butter into sauce until melted. Place cooked chicken back into pan
8. and simmer in the sauce for a few minutes to reheat. Serve on a platter sprinkled with chopped fresh parsley.