

Chicken Piccata

written by The Recipe Exchange | April 28, 2016

Ingredients

1 pound chicken cutlets (about 4 ounces each)
Kosher salt and freshly ground black pepper
1 tablespoon plus 1 teaspoon all-purpose flour, divided
3 teaspoons extra-virgin olive oil
2 garlic cloves, finely chopped
1/2 cup low-sodium chicken broth
Finely grated zest and juice of 1 lemon, zest reserved for optional garnish, about 2 tablespoons juice
1 teaspoon white wine vinegar
2 tablespoons chopped fresh parsley, plus more for garnish
1 tablespoon capers, drained and rinsed
1 tablespoon unsalted butter
Baby arugula for garnish
Angel hair pasta or roasted potatoes, for serving

Directions

Season the chicken with salt and pepper and sprinkle with 1 tablespoon flour.

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat until very hot; cook the cutlets until opaque throughout, 1 to 2 minutes per side. Transfer the cutlets to a plate. (Reserve the skillet.) Reduce the heat under the skillet to medium.

Add the remaining teaspoon oil and garlic to the same skillet; cook until fragrant, about 1 minute. Whisk together the broth, lemon juice and 1 teaspoon flour, and add to the pan. Simmer sauce until reduced and thickened, 2 to 3 minutes. Stir in the vinegar, parsley and capers. Swirl in the butter until sauce is shiny and slightly thickened.

Serve chicken with the sauce. Toss the arugula and freshly grated lemon zest with a light drizzle of olive oil; season to taste with salt and pepper, scatter over chicken. Serve with pasta or potatoes as desired.