

CHICKEN FRANCAISE



Ingredients

- 1 large chicken breast split and cut into one inch strips
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/3 cup flour
- 2 eggs whisked
- 4 Tbsp butter divided (1+1+2)
- 1 Tbsp olive oil
- 2 cloves fresh garlic, minced
- 3/4 cup chicken broth
- 1 Tbsp fresh lemon juice
- 1/2 tsp dried parsley
- Salt and pepper to taste



Instructions

- Place chicken on a piece of parchment or wax paper, cover with plastic wrap and pound chicken to tenderize.
- Combine flour, salt and pepper in a small mixing bowl. Add whisked egg to a second mixing bowl.
- In a nonstick skillet, melt 1 Tbsp butter in 1 Tbsp olive oil over medium low heat.
- One piece at a time, first dredge or cover chicken in flour mixture, then the egg and place in the pan. Repeat with about half the chicken pieces being sure to not crowd your pan.
- Using tongs, cook half the chicken 2-3 minutes **on each side** until browned adjusting heat as necessary. Remove chicken from pan and keep warm on a paper towel lined plate.
- Repeat by adding an additional 1 Tbsp of butter to the pan and remaining chicken placing on paper towel lined plate when cooked.
- Add the remaining 2 Tbsp of butter and garlic to the pan and sauté for about 1 minute.

- Add broth and lemon juice to pan and deglaze by removing all small bits from the bottom. Cook 1-2 minutes until sauce thickens slightly.
- Add chicken back to the pan along with parsley. Cover and reduce heat to low.
- Simmer on low 5-6 minutes while tasting for flavor* * .
- Serve hot with rice or pasta and additional lemon slices.

*** * Tips:**

- Add additional salt, pepper to enhance the flavor. Add a little at a time because you can always add more but you can't remove what you put in!
- Add additional lemon juice to your liking re-tasting as you go. Some like a stronger lemon flavor while others want a more subtle flavor
- Want a slightly thicker sauce? Make a **slurry** with a couple tablespoons of broth and a tablespoon of flour in a small mixing bowl. Whisk until it comes together. Then add a little of the slurry at a time to get to a desired thickness. Don't add it all at once as it may thicken your sauce too much.