



Recipe

Chicken Picatta

Recipe serves - 4 people

Ingredients	Amount
Chicken breasts cut in half (lengthwise)	4 breasts
Capers (rinsed well)	1/4 cup
Lemon juice	1/4 cup
Lemon (slices)	1 lemon
Vegetable stock	1 1/4 cup
Flour	1 1/2 cups
Pink salt	1 teaspoon
Crushed black pepper	1/4 teaspoon
Butter	4 tablespoons
Olive oil	8 tablespoons
Chopped parsley	1 1/2 tablespoons



NOTES

Instructions:

1. Place the flour in a shallow bowl. Salt chicken fillets on both sides then dredge in flour - remove excess flour using tongs.
2. Heat 1 tablespoon of butter & 2 tablespoons of olive oil until sizzling hot.
3. Cook the chicken for 5 mins on each side and remove. Add another tablespoon of butter and 2 tablespoons of olive oil to the same pan and cook the rest of the chicken. Repeat this in batches until the chicken is finished. (Make sure that the oil is sizzling before adding your chicken every time)
4. In the same pan add the lemon juice, stock, rinsed capers and the sliced lemon. Season with crushed black pepper. Let simmer on low heat for 5 min.
5. Re-add the chicken and remove after 2 minutes - in batches.
6. Place chicken breasts on serving dish and drizzle sauce on the top making sure the lemon slices and capers are on top - garnish with chopped parsley.
7. Serve with plain pasta with olive oil and garlic or mashed potato.