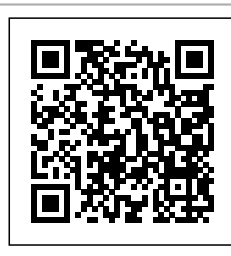


Chicken Cutlets with Lemon Sauce



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Recipe by: Laura Vitale

Serves 4

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients

- 4-6oz Chicken Breast, thinly pounded
- 2 Eggs
- 1/4 cup of Milk
- 1/2 cup of Parm, divided
- 1/2 cup of Plain Bread Crumbs
- 1/2 cup of Extra Light Olive Oil
- 1 Tbsp of Extra Virgin Olive Oil
- 1 Shallot, minced
- 1 cup of Chicken Stock
- 1/4 cup of Lemon Juice or 3 Tbsp of you don't want it as lemony
- 2 Tbsp of Chopped Parsley
- 2 Tbsp of Butter
- 1 Tbsp of Flour

1) Season both sides of chicken with salt and set aside.

2) In a shallow bowl, whisk together the eggs, milk and 1/4 cup of parm along with some salt and set aside. In a separate bowl, toss the breadcrumbs, parm and salt and set aside as well.

3) Dip the cutlets in the egg mixture followed by the bread crumbs, then set them on a plate and allow them to sit for a few minutes while you preheat your oil.

4) In a large skillet, add about 1/2 cup (depending on the size of your skillet could be slightly more) of either light olive oil or vegetable oil, preheat that between medium and medium high, once ready, carefully lower the cutlets into the oil, cook a few minutes on each side or until deeply golden brown and cooked through, then remove to a plate, discard the oil and place the skillet back on the burner.

5) Add 1 Tbsp of olive oil along with 1 Tbsp of butter to the skillet along with the minced shallot, sauté a couple minutes over medium heat, then add the chicken stock and lemon juice, cook until it reduces by half, about 4-5 minutes, then take the butter, roll it in the flour, add it to the skillet, in seconds you'll see the sauce thickening, then add the chicken back in along with the parsley, cook just a minute or two then serve!

