

Lemon Basil Chicken



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Recipe by: Laura Vitale

Serves 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients

___ 4 to 6 thin Chicken Breast (you could also do 8 and increase the ingredients for the sauce)

___ Neutral Oil for cooking chicken but optional

___ 1/2 cup of Flour

___ Garlic and Herb Seasoning

___ 1 Shallot, minced

___ 2 Cloves of Garlic, minced

___ 2 Tbsp of Butter

___ 1 Tbsp of Olive Oil

___ 1/2 cup of White Wine

___ 2/3 cups of Chicken Stock

___ Juice of 1/2 or Whole Lemon

___ Fresh Basil

___ Salt and Pepper to taste

1) Add some neutral oil to a large skillet, allow that to preheat over medium high, while that happens, season the flour with some garlic and herb seasoning, salt and pepper, season the chicken breast as well on both sides, then dredge in the flour and set aside and when the oil is ready, add them in the hot oil and cook until golden brown on both sides, then remove to a plate and discard the oil.



2) In the same skillet, add the butter and olive oil along with the shallot and garlic, saute for a couple minutes until lightly golden, then add in the wine, allow that to reduce by half, add in the chicken stock and lemon, once that starts to bubble, season with a little pinch of salt, add the chicken back in and cook for a few minutes until the sauce thickens.

3) Sprinkle in the fresh basil, taste for seasoning then serve!