

RECIPE CHICKEN PICCATA



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Recipe

- 3 boneless, skinless chicken breasts
- Salt
- Freshly ground black pepper
- 60 g cake flour
- 120 ml extra-virgin olive oil, divided
- 85 g cold unsalted butter, cut into pieces
- 120 ml white vinegar
- 120 ml low-sodium chicken broth
- Juice of 1 lemon
- 100g peas
- Lemon wedges, for serving

Method

- **Prepare the Chicken:**
- Cut chicken breasts horizontally into thinner pieces. Place between two sheets of plastic wrap and pound to 6 mm thickness. Season both sides generously with salt and pepper.
- **Dredge and Cook the Chicken:**
- Place cake flour in a shallow dish. Dredge chicken in flour, shaking off excess. Heat 60 ml olive oil in a large skillet over high heat. Cook half the chicken, turning once, until golden, about 2 minutes per side. Transfer to a plate. Repeat with remaining chicken, adding more oil as needed.
- **Make the Sauce:**
- In the same skillet, combine white vinegar, chicken broth, and lemon juice. Bring to a boil over high heat, stirring occasionally, until reduced by about one-quarter, approximately 5 minutes. Reduce heat to low and whisk in butter pieces one at a time until the sauce is smooth. If the sauce begins to break, add 15 ml water and continue whisking.
- **Simmer and Serve:**
- Return chicken to skillet and add steamed peas. Simmer gently for 3 minutes until the chicken is heated through. Serve with lemon wedges on the side.