



Lemon Chicken Scallopine

Ingredients:

- 4 chicken fillets (thinly sliced or pounded)
- 1/2 cup all-purpose flour
- 1/4 cup grated Parmesan cheese
- 2 tablespoons olive oil
- 2 tablespoons butter
- 3 garlic cloves, minced
- 1 cup chicken broth
- 1/4 cup fresh lemon juice
- 1 teaspoon lemon zest
- Salt and black pepper to taste
- Fresh parsley, chopped (for garnish)

Directions:

1. In a shallow dish, mix flour, Parmesan cheese, salt, and black pepper. Dredge the chicken fillets in the mixture, coating both sides.
2. Heat olive oil and butter in a large skillet over medium heat. Cook the chicken fillets for 3-4 minutes on each side until golden brown and fully cooked. Remove and set aside.
3. In the same skillet, add minced garlic and sauté for 1 minute until fragrant.
4. Pour in the chicken broth, lemon juice, and lemon zest. Stir and let simmer for 3-4 minutes until slightly reduced.
5. Return the chicken fillets to the skillet and spoon the sauce over them. Cook for an additional 2 minutes.
6. Transfer to a serving dish, garnish with fresh parsley, and serve with lemon wedges on the side.

Enjoy the vibrant and tangy flavors of this classic dish! ✨

Prep time: 10 minutes | Cooking time: 20 minutes | Servings: 4 | 280 kcal per serving