



Chicken Piccata with Artichokes and Pasta

Recipe By DEBORAH ADAMS

SERVES: 2

INGREDIENTS:

- ☐ 2 chicken breasts (or 1 large, halved)
- ☐ ½ tsp. salt
- ☐ ½ tsp. black pepper
- ☐ ½ tsp. garlic powder
- ☐ ⅓ cup plain flour
- ☐ 4 tbsp. butter
- ☐ 1 tbsp. olive oil
- ☐ ¼ cup chicken broth
- ☐ 1 tbsp. lemon juice with zest of 1 lemon
- ☐ 1 tbsp. capers, drained
- ☐ ½ cup heavy whipping cream
- ☐ 1 (14 oz.) can of artichoke hearts, quartered and drained
- ☐ 6 oz. angel hair pasta, cooked according to package directions and drained
- ☐ chopped parsley, for garnish
- ☐ sliced lemons, for garnish

DIRECTIONS:

- ☐ 1. Rinse chicken breasts and pat dry. Put them in a baggie and pound with a mallet until thinner and even in size. In another baggie add salt, pepper, garlic powder and flour. Put breasts in flour mixture and coat evenly.
- ☐ 2. In a skillet add 2 tbsp. of the butter, plus the 1 tbsp. of olive oil
- ☐ 3. When the pan is hot, add the chicken breasts. Cook for about 4-5 minutes on each side until golden brown and juices run clear. Remove the chicken to a plate.
- ☐ 4. Take the pan off the heat and add chicken broth, lemon juice and zest, plus the other 2 tbsp. of butter and capers scraping down the brown bits to incorporate.
- ☐ 5. Stir in the cream and artichokes and put pan back on heat and add the chicken.
- ☐ 6. Cook another 5 minutes until sauce has thickened.
- ☐ 7. Put pasta in serving dish. Top with chicken, artichokes and sauce. Garnish with parsley and lemon slices.

This recipe is great with French bread. For heartier appetites, add a tossed salad.

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