

Lemon Butter Chicken

Ingredients

- 4 (5 ounces) chicken breasts, pounded to an even 1/3-inch thickness
- Salt and freshly ground black pepper
- 1/3 cup all-purpose flour
- 1 tablespoon olive oil
- 4 tablespoon unsalted butter, sliced into 1 tablespoon pieces, divided
- 1 1/2 teaspoon minced garlic
- 1/2 cup low-sodium chicken broth
- 3 tablespoon fresh lemon juice
- 1/2 teaspoon fresh lemon zest
- 1 1/2 tablespoon minced fresh parsley (optional)
- Noodles, for serving

Directions

Step 1: Season both sides of chicken with salt and pepper.

Step 2: Place flour in a shallow dish. Dredge both sides of chicken breasts in flour, one at a time.

Step 3: Heat 12-inch skillet over medium-high heat.

Step 4: Add olive oil and 1 tablespoon butter, let the butter melt, then add in chicken breasts in a single layer.

Step 5: Sear until golden brown on the bottom, about 4-5 minutes then flip and continue to cook until chicken registers 165 degrees in center, about 4-5 minutes longer.

Step 6: Transfer chicken to a plate while leaving any little bit of excess oil in the pan.

Step 7: Reduce to medium heat, add garlic and sauté 20 seconds, or until just lightly golden brown, then pour in chicken broth while scraping browned bits up.

Step 8: Pour in lemon juice then bring mixture to a simmer, reduce heat slightly and let simmer until liquid has reduced by about half, about 2 minutes.

Step 9: Add in remaining 3 tablespoons butter and lemon zest, stir to melt butter.

Step 10: Return chicken to skillet, spoon sauce over chicken, and garnish with parsley. Serve warm.