

Walnut Crusted Lemon Chicken Piccata

4 SERVINGS 40 MINUTES



INGREDIENTS

1 lb Chicken Breast (4 chicken Breasts)
1 cup Walnuts
Sea Salt & Black Pepper (to taste)
3 tbsps Extra Virgin Olive Oil
2 Garlic (crushed)
2 Lemon
1 cup Chicken Broth
2 tbsps Capers (drained)
2 tbsps Parsley
2 tsp Arrowroot Starch (optional)
1 tbsp Water
3 Zucchini

DIRECTIONS

- 01 Begin by heating up a large skillet to medium high heat.
- 02 While pan is heating, pound chicken breasts so they are about 1/2 inch thick. Season with salt and pepper
- 03 Pulse walnuts in a food processor until it resembles a coarse crumbly mixture, place inside a shallow bowl.
- 04 Place seasoned chicken breasts in the walnut coating, getting both sides.
- 05 Add 2 tbsp olive oil to the skillet, and add all the chicken breasts into the pan. Reduce the heat to medium. Cook for approximately 2-3 minutes per side. Outside should be golden and crispy, and the inside should be cooked through. If your pan is too hot, remove from heat to prevent burning the walnuts. DO NOT OVERCOOK!! Remove to a plate and cover with foil to keep warm.
- 06 Juice one of the lemons, and slice the other for serving (or juice it for the sauce if you want it EXTRA lemon-y, adjust to your taste).
- 07 Now make the lemon sauce: add the remaining 1 tbsp olive oil (may need an extra tbsp), and scrape up any of the brown bits on the pan. Add garlic and cook for about 30 seconds. Add lemon juice, chicken broth, and capers while you continue to scrape around the pan. Sauce should bubble and begin to thicken after 2-3 minutes. If you would like the sauce to be thicker, you can always add 2 tsp arrowroot starch with 1tbsp water and mix into the sauce.
- 08 Pour sauce over chicken and serve immediately with lemon slices and chopped parsley.
- 09 Spiralize or cut zucchini up. Saute in a pan with olive oil. Serve with chicken.