

Chicken Piccata (Rebecca Christophersen)

Ingredients

Chicken breast (1 per person)
1 lemon
½ jar capers
1 chicken stock cube
Flour (to coat chicken)
Fresh parsley
1 large glass white wine
Butter

Method

1. Butterfly chicken breasts; then cover with baking parchment and whack with wine bottle to flatten
2. Pour flour onto a plate. Season chicken with salt and pepper, then coat evenly with flour
3. Melt butter in pan and fry chicken for 10ish minutes. Remove chicken from pan, and cover
4. Add wine to pan and use wooden spoon to remove any residue from bottom of pan. Bring to boil
5. Add stock cube and capers. Reduce
6. Add chicken back to pan; cover with sauce. Add fresh parsley
7. Serve with crushed new potatoes and a fresh tomato/basil salad