

Foodnity Recipes

Lemon Butter Chicken Francese

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Chicken & Coating

- [ ] 4 boneless, skin-less chicken cutlets (about 6 oz each)
- [ ] 1 cup all-purpose flour, for dredging
- [ ] 1 teaspoon salt, divided
- [ ] ½ teaspoon freshly ground black pepper, divided
- [ ] ½ teaspoon garlic powder

Pan Searing & Sauce

- [ ] 3 tablespoons olive oil
- [ ] 2 tablespoons unsalted butter
- [ ] 2 cloves garlic, minced
- [ ] ¼ cup dry white wine
- [ ] 1 cup low-sodium chicken broth
- [ ] Juice of 1 medium lemon (about 2 Tbsp)
- [ ] Zest of 1 lemon

Garnish

- [ ] Fresh parsley, chopped, for garnish

Instructions

1. First, go ahead and pat those chicken cutlets dry with some paper towels. I've found this is the little secret to a good sear. Then, season both sides with ½ teaspoon salt, ¼ teaspoon pepper, and ½ teaspoon garlic powder.
2. Grab a shallow dish and put in your 1 cup all-purpose flour along with the remaining ½ teaspoon salt and ¼ teaspoon pepper. Dredge each cutlet in the flour, but just give them a little tap to shake off any excess—we don't want them too cakey.
3. Heat the 3 tablespoons olive oil in your skillet over medium-high heat. Once it's bubbling, add the chicken. Brown them for about 3–4 minutes on each side until you see that lovely deep golden crust. Use a meat thermometer to make sure they hit 165°F, then move them to a plate lined with paper towels for a moment.
4. Turn the heat down to medium and drop in the 2 tablespoons unsalted butter. Just let it swirl around until it's melted and just starting to brown—usually takes about 30 seconds.
5. Stir in the 2 cloves garlic, minced. Sauté it for just 30 seconds; you want it to smell wonderful and fragrant, but be careful not to let it brown too much.
6. Now, pour in the ¼ cup dry white wine. Use your spoon to scrape up all those tasty browned bits from the bottom of the skillet. Let it bubble away and reduce by half, which takes about 1 minute.

7. Add the 1 cup low-sodium chicken broth, the juice of 1 medium lemon (about 2 Tbsp), and the zest of 1 lemon. Bring it to a gentle simmer for about 2 minutes while the sauce thickens up just a bit.

8. Put the chicken back into the skillet. Spoon that bright sauce over each cutlet and cook for another 2 minutes. It's so satisfying watching the flavors mingle and the sauce cling to the meat.

9. Take a quick taste of the sauce; if it needs it, just add a tiny pinch more salt or pepper.

10. Plate the chicken, spoon the rest of that lemon butter sauce right over the top, and sprinkle with some chopped fresh parsley. Serve it up immediately while it's hot.

Nutrition per serving

400 kcal	25 g	30 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keeping the heat at medium after browning ensures the butter doesn't burn.
- A little splash of cream can make the sauce feel more like an Alfredo.
- Patting the meat dry is essential for that golden crust.