



Creamy Chicken Picatta

Yields: 3 servings

Prep time: 10 min

Cook time: 20 min

INGREDIENTS:

- 3 boneless skinless thin sliced chicken breasts
- ¼ cup of flour
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 2 tablespoons of olive oil
- 3 tablespoons of minced garlic
- 1 cup of whole milk
- 1 cup of heavy whipping cream
- ¾ cup of grated Parmesan cheese
- ½ large lemon - squeezed
- 3 tablespoons of capers
- 3 tablespoons of fresh basil - chopped

TOOLS:

- [Chantal Round Cast-Iron Skillet \(10 Inch\)](#)





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PROCESS:

1. Add the flour, salt, and pepper to a large zip lock bag and mix. Then, add your chicken breast one by one into the bag and shake to coat well with the flour mixture.
2. Add the olive oil to the skillet and heat over medium-high heat. Once the oil is hot, add the chicken breasts.
3. Cook breasts for 4-5 minutes. Flip chicken over and cook for another 4-5 minutes.
4. Once the breasts are cooked thoroughly (internal temperature of 165° F) and slightly browned, remove and set aside on a plate.
5. Using the same skillet, add the garlic to the left over olive oil in the pan. Sauté for 2 minutes.
6. Add in the milk, cream, and Parmesan cheese to the pan and stir. Bring to a boil over medium heat. Allow to simmer for 5 minutes.
7. Stir in the capers and lemon juice. Simmer for 3-5 minutes.
8. Add the chicken breasts back to the pan to warm. Top with lemon slices and the chopped basil.
9. This is best served over a bed of pasta of your choice.

Enjoy!