

Treasure Barrel

Lemon Butter Chicken Piccata

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

The Chicken

- [ ] 4 boneless, skinless chicken breasts, pounded to 1/4 inch thickness
- [ ] Salt and freshly ground black pepper, to taste
- [ ] 1/2 cup all-purpose flour, for dredging
- [ ] 2 tablespoons vegetable oil

The Lemon Butter Sauce

- [ ] 4 tablespoons unsalted butter, divided
- [ ] 2 tablespoons capers, rinsed and drained
- [ ] 1 cup low-sodium chicken broth
- [ ] 2 tablespoons fresh lemon juice (about 1 large lemon)
- [ ] 1 teaspoon lemon zest

Garnish & Optional

- [ ] 1 tablespoon freshly chopped parsley, plus more for garnish
- [ ] Optional: 1/4 cup dry white wine, for deglazing

Instructions

1. First things first, pat your chicken breasts dry with a paper towel—honestly, this helps them brown much better. Season both sides generously with salt and freshly ground black pepper, then dredge each cutlet in flour, shaking off any excess so it's just a light coating.
2. Heat your large skillet over medium-high heat and add the vegetable oil. Once it's shimmering, sear the chicken until they're a lovely golden brown on both sides, usually about 3–4 minutes per side. Now, transfer them to a plate and cover them loosely with foil to keep them cozy and warm.
3. In that same skillet—don't wash it, those brown bits are where the flavor lives!—reduce the heat to medium and melt 3 tablespoons of unsalted butter. Once it's bubbly, stir in the capers.
4. Pour in the low-sodium chicken broth and, if you're using it, the white wine. Use a wooden spoon to scrape up all those savory browned bits from the bottom of the pan. It's so satisfying, really.
5. Let the liquid come to a gentle simmer and reduce it slightly for about 3 minutes. Then, whisk in the fresh lemon juice and lemon zest until everything is combined and bright.
6. Slide the chicken back into the skillet and spoon that wonderful sauce right over the cutlets. Simmer, uncovered, for another 2–3 minutes until the sauce thickens up and the chicken hits an internal temperature of 165°F (74°C).

7. Stir in the remaining tablespoon of unsalted butter for a bit of extra richness, then just take it off the heat.

8. Carefully transfer the chicken to your serving plates, making sure to spoon plenty of that sauce over each cutlet.

9. Sprinkle over some freshly chopped parsley and, if you're feeling it, an extra squeeze of lemon for a little pop.

10. Serve it up immediately with your favorite pasta, rice, or some roasted vegetables. Enjoy!

Nutrition per serving

340 kcal	32 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pounding the chicken to an even thickness ensures every piece cooks at the same rate.
- Rinsing the capers helps control the saltiness of the final sauce.
- Covering the seared chicken with foil prevents them from drying out while the sauce reduces.