

Creamy Lemon Parmesan Chicken

奶油檸檬帕瑪森雞



INGREDIENTS

3 boneless skinless chicken breasts or thigh
1 red shallot finely chopped
2 tbsps all-purpose flour
2 tbsps Parmesan, divided
1 tsp. garlic powder
1 tsp. thyme
Zest of 1/2 lemon
salt and black pepper to taste
2 tbsps. extra-virgin olive oil
1 tbsp. butter
2 cloves garlic, minced
2 cop. baby spinach
1 cup. heavy cream
1 can low-sodium chicken broth
1 lemon, sliced in rounds and halved
Handful thinly sliced fresh basil

COOKING METHOD

1. On a large plate, combine flour with 1 tbsp Parmesan, garlic powder, salt, pepper and lemon zest, and mix well. Coat each chicken breast flour mixture. Set aside.
2. In a large skillet over medium-high heat, heat oil until hot, add chicken and sear until golden, 4 minutes. Flip and cook until other side is golden. Remove from pan and set aside.
3. Turn heat down to medium and add butter to pan. When butter is melted add garlic and cook until fragrant. Add spinach and cook until wilted, 1 to 2 minutes. Add chicken broth, cream, and remaining Parmesan and season with more salt and pepper. Stir to combine. Add lemon slices and bring to a simmer and cook until thickened slightly, 3 to 4 minutes. Return chicken to skillet and simmer until chicken is cooked through, 5 to 6 minutes more.
4. When chicken is cooked, remove skillet from heat and garnish with basil before serving.

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配料

- 3 個無骨去皮雞胸肉或緊
- 1 個切碎的紅蔥
- 2 湯匙通用麵粉
- 2 湯匙帕爾瑪乾酪，分開
- 1 茶匙 蒜粉
- 1 茶匙 百里香
- 1/2 檸檬皮
- 鹽和黑胡椒調味
- 2 湯匙 特級初榨橄欖油
- 1 湯匙 牛油
- 2 瓣大蒜，切碎
- 2 個警察 菠菜
- 1 杯。 重奶油
- 1 罐低鈉雞湯
- 1 檸檬，切成薄片，切成兩半
- 少數切成薄片的新鮮羅勒

烹飪方法

1. 在一個大盤子上，將麵粉與 1 湯匙帕爾瑪乾酪，大蒜粉，鹽，胡椒粉和檸檬皮混合，並充分混合。塗上每種雞胸粉混合物。擱置。
2. 在一個大鍋中，用中火加熱，將油加熱至熱，放入雞肉，然後燒至金黃，持續 4 分鐘。翻轉並煮至另一面變成金色。從鍋中取出並放在一旁。
3. 將熱量調低至中度，然後在鍋中加入黃油。當黃油融化時，加入大蒜並煮至香。加入菠菜並煮至枯萎，持續 1 至 2 分鐘。加入雞湯，奶油和剩餘的帕爾馬干酪，然後加入更多的鹽和胡椒粉調味。攪拌混合。加入檸檬片，慢火煮至 3 至 4 分鐘。將雞肉放回鍋中煮至煮熟，再煮 5 至 6 分鐘。
4. 雞肉煮熟後，將鍋從火上移開，並用羅勒裝飾。