ALIVE AT HOME

Chicken or Tofu Piccata

INGREDIENTS

- 2 chicken breasts or extra firm tofu
- ¼ cup capers
- ¼ cup of lemon juice (about 2 lemons)
- 6tbsp butter
- 5 tbsp olive oil
- ½ cup all-purpose flour
- ½ cup chicken or vegetable stock
- ⅓ cup fresh Parsley - chopped
- Salt and pepper to taste
- 2 servings of your favourite pasta

INSTRUCTIONS

- Preheat oven to 225° F.

- Place chicken breast on a cutting board and, with your hand flat on top of it, use a sharp knife to slice into one side of the breast, starting at the thicker end and ending at the thin point. *Or slice tofu into planks, making sure all planks are an even thickness.*

- Season flour with salt and pepper. Dredge butterflied chicken in flour and shake off excess. If using tofu, dip in water or milk (or milk alternative) first to help the flour stick.

- In a large skillet over medium heat, melt 2 tbsp of butter with 3 tbsp of olive oil.

- When butter and oil start to sizzle, add protein and cook for 3 minutes. When there is a nice browning on protein, flip and cook for 3 more minutes. Then remove from pan and place on a baking sheet in preheated oven to stay warm.

- Place 2 tbsp of butter in pan. Once melted and incorporated, add lemon juice, stock, and capers.

- Bring to a boil, while scraping up any browned bits from the pan for flavour. Flavour with salt and pepper as needed.

- Place protein back into pan and let simmer for 5 minutes.

- Cook four servings of pasta to package directions.

- Add 2 tbsp of butter to sauce, whisking vigorously.

- Plate plata, protien, pour sauce over and garnish with parsley.

Makes four servings.