

Helergon Kitchen

Lemon Butter Chicken Piccata

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Chicken Preparation

- [ ] 4 boneless, skin-less chicken breasts (about 1 lb total), pounded to 1/4 inch thickness
- [ ] 2 Tbsp all-purpose flour
- [ ] 1 tsp kosher salt
- [ ] 1/2 tsp freshly ground black pepper

For the Pan & Sauce

- [ ] 2 Tbsp olive oil
- [ ] 3 Tbsp unsalted butter, divided
- [ ] 2 cloves garlic, minced
- [ ] 1/2 cup low-sodium chicken stock
- [ ] 1 Tbsp fresh lemon juice
- [ ] 1 Tbsp capers, drained
- [ ] Zest of ½ a lemon (optional)

Garnish & Finishing

- [ ] 2 Tbsp chopped fresh parsley
- [ ] 2 Tbsp additional butter, melted (optional, for extra richness)

Instructions

1. First, just gently pat those chicken cutlets dry with a paper towel. Then, pound them out until they're an even 1/4-inch thickness—it ensures they cook quickly and stay tender. Season both sides with your salt and pepper.

2. In a shallow dish, go ahead and combine your flour, chopped fresh parsley, and a little pinch of salt. Dredge each cutlet in the mixture, but be sure to shake off any excess flour; we only want a light coating.

3. Set your skillet over medium-high heat and add the olive oil. Once it starts to shimmer, place the cutlets in. Cook them for about 3–4 minutes per side until they're a lovely golden brown and hit an internal temperature of 165°F. Move them to a plate and tent them with some foil to keep them warm.

4. Turn the heat down to medium and stir in 2 Tbsp of butter. Let it melt and turn a light golden brown—that's where the flavor is. Stir in your minced garlic and sauté for just 30 seconds until it smells wonderful.

5. Now, deglaze the pan by stirring in the low-sodium chicken stock. Add in your fresh lemon juice, capers, and lemon zest. Bring it to a gentle simmer and let those bright flavors meld together for 2–3 minutes.

6. Slide the chicken back into the skillet. Use a spoon to baste the sauce over the meat, cooking for another 3–4 minutes. You'll see the sauce thicken just a bit as the chicken heats through.

7. For a really silky finish, swirl in that remaining Tbsp of butter (if you're using it) and garnish everything with a bit more chopped fresh parsley.

8. Serve it up immediately while it's hot over some short-grain pasta, steamed rice, or maybe some roasted vegetables. Honestly, it's just lovely.

Nutrition per serving

320 kcal	31 g	7 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- High-protein and relatively low-carb, making it a great weeknight choice.
- The capers provide a salty punch that balances the buttery sauce perfectly.
- Using olive oil alongside butter prevents the sauce from burning too quickly.