

Chicken Scallopini



Plan Z Phase: This is a Z3 (ZReboot) recipe.

A traditional Italian meal made the Plan Z way. My husband declared this one of his favorite meals of the year.

Servings: Serves 4

Ingredients:

- 2 boneless, skinless chicken breasts or one package of chicken tenders
- 1 tsp of grated sea salt
- 1 tsp of grated black pepper
- 2-3 Tbl of flour
- 3 Tbl of olive oil
- 4 Tbl of butter
- 8 oz of fresh mushrooms, trimmed and sliced. Use cremini, shitake, or even button.
- $\frac{1}{2}$ cup of diced shallots
- $\frac{1}{3}$ cup of dry white wine
- $\frac{1}{2}$ cup of heavy cream
- $\frac{1}{2}$ tsp of grated lemon zest (dried zest/peel will work)

Instructions:

If using chicken breasts, place the breasts on the cutting board and carefully take your chef knife and slice the breasts horizontally to make two breast pieces. If using chicken tenders be sure to trim off the white membrane.

Get out a large ziplock bag. Place the chicken pieces in the bag one at a time and flatten the breast pieces with a meat mallet to pound down to about 1/3" thick. If using chicken tenders just pound down any that are fatter.

Use the same ziplock bag and put in the flour. Toss the chicken pieces in the flour to coat them. I did two breasts at a time. You just want to get them coated. You probably won't even use all the flour in the bag. I also take the breasts one by one and pat them over the sink to knock off any excess flour. If using tenders just toss them and knock off the excess.

Light sprinkle on some of the salt and pepper. Save the rest for the sauce.

Heat the olive oil in a large saute pan. Medium-high heat. When the oil is shimmering add the chicken pieces. Don't crowd them. Cook until golden brown, about 4 minutes. Turn the chicken over and cook until the chicken is cooked through. Should be about 2 more minutes. Make sure no pink remains in the chicken.

Put the chicken pieces in a bowl or plate and cover them to keep warm.

Now you'll make your sauce.

Melt the butter in the same saute pan over medium. Add the mushrooms, shallots, and the remaining salt and pepper. Cook, stirring often until the mushrooms brown up. It should take about 5 – 6 minutes. Add wine and cream. Cook for a few minutes until reduced to a creamy consistency. Stir in the lemon zest

and serve the chicken with the sauce.

Enjoy!

Cheers,