



My favorite Lemon Chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

2 skinless chicken breasts
2 small lemons
1/3 cup water
3 tbsp whole-wheat flour
salt
ground black paper
1 small chili paper
2 tbsp extra virgin olive oil
1 garlic clove, peeled and sliced
1 tbsp fresh parsley, chopped

Instructions

Heat the oil into a large saucepan over medium low heat. Sprinkle each chicken breast with salt and ground black paper to the both sides. Roll into the flour and pour into the heated oil. Cook about 2 minutes, then turn on the other side. Add the sliced garlic clove, grate the peel of half lemon onto the chicken breasts, then cut the lemons in half and squeeze the juice into the saucepan. Add the water, the parsley and the chili paper. Cover and reduce the heat at low. Cook until the liquid is reduced in half. Remove from the heat, pour into a serving dish and serve warm.