

Almond Chicken

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Ingredients:

4 chicken breast halves, skinned and boned.

1 large egg.

$\frac{3}{4}$ cup of sliced almonds, finely minced.

$\frac{1}{4}$ cup of grated Parmesan cheese.

2 tablespoons of olive oil.

2 tablespoons of butter.

$\frac{1}{2}$ teaspoon of dried tarragon, crumbled.

Salt, to taste.

Freshly-ground white pepper, to taste.

Blanched almond flour, for dredging.

Lemon wedges, for serving.

Preparation:

Place the chicken breast halves between two sheets of plastic wrap and lightly pound to an even half-inch thickness.

In a bowl, beat the egg and add the tarragon; then season with salt and freshly-ground white pepper.

On a plate, combine the minced almonds and the Parmesan cheese.

In a suitably sized stainless steel skillet, heat the oil and butter.

Dust the chicken breasts with almond flour and dip in the egg and then in almond/cheese mixture to completely coat. Immediately move them to the skillet and sauté until golden brown (about 90 seconds per side).

Transfer to heated plates, season lightly with salt and pepper, garnish with lemon wedges and serve as desired.