

## Creamy Lemon Chicken Dish



### Ingredients:

- 1.2lb chicken breasts (2 large)
- 1/2 tsp salt
- black pepper
- 1/4 cup flour
- 3 tbsp butter, unsalted
- 1-2 garlic clove, minced
- 1 1/4 cups chicken broth
- 3/4 cup cream (heavy cream)
- 3-4 tbsp lemon juice
- 2 tsp Dijon mustard
- 3/4 cup Parmesan cheese

### Directions:

#### Chicken:

1. Slice chicken breast horizontally to create two thin steaks.
2. Sprinkle each side with salt and pepper, then coat with flour, shaking off excess.
3. melt butter in a large skillet over medium high heat. Cook chicken 2 minutes on each side until golden and crispy, then remove onto a plate.

#### Sauce:

1. Add a touch of butter if your pan is dry. Add garlic, stir 10 seconds.
2. Then add chicken broth, cream, lemon and Dijon mustard. Bring to simmer and scrap the bottom of the pan to dissolve brown bits into the liquid.
3. Add the Parmesan cheese, then simmer rapidly for 3 minutes or until sauce thickens slightly. Add salt, pepper and adjust lemon to taste.
4. Return chicken to the pan (pour any juices from the plate) turn to coat.

5. Place chicken on serving plates with pasta, rice or mashed potatoes. Sprinkle with fresh parsley.