

Lemon Chicken, easy peasy

2 whole chicken breasts, boned, skinned and halved

4 tbsp. butter, divided

2 tbsp. olive oil

1½ cups unbleached flour

Salt and pepper

Juice of 1 lemon

½ lemon, sliced

Chopped fresh parsley

Wash and dry chicken breasts. Pound them flat between two pieces of waxed paper or inside a resealable plastic bag with a mallet or rolling pin.

Melt butter and oil in a large skillet over medium heat. Pour the flour in a plastic bag, season with salt and pepper, and drop the breasts in to coat.

Shake off excess flour. Turn heat up to moderately high, and put chicken breasts in the skillet.

Depending on how thin you've pounded the breast, cook approximately three minutes on each side, or until cooked through and still tender.

When they are done, season with salt and pepper, remove to a plate and set aside while you make the sauce.

Add 2 remaining tablespoons of butter to the chicken skillet and melt, scraping up brown bits in pan. Add lemon juice and lemon slices and cook until bubbly, then return chicken to the pan, spooning sauce over.

Garnish with fresh parsley.

Serve with rice, couscous or cooked noodles. Serves 4.