



cara price

CHICKEN MILANESE

INGREDIENTS

8 thin sliced pieces of chicken breast
½ cup almond flour
½ cup arrowroot flour
2 large eggs
¼ cup + 2 tablespoons ghee or butter,
divided
2 large lemons
3 tablespoon olive oil
1 tablespoon herbs de Provence
2 teaspoons salt
1 teaspoon pepper
¼ teaspoon nutmeg
5 ounces baby arugula
Freshly ground salt & pepper

DIRECTIONS

Zest one lemon & set the zest aside to mix with dredging flour. Cut that lemon in half & juice. Set aside.

Mix almond flour, arrowroot flour, lemon zest, herbs de Provence, salt, pepper & nutmeg together in a shallow dish.

In another dish or bowl, whisk the eggs together. Dip the chicken breast in the eggs, then dredge in the flour mixture.

Heat half the ghee in a large, flat-bottomed skillet over medium high. Once hot, place half the chicken in the skillet & brown 3-4 minutes per side. Flip & brown the other side. Remove to a plate & repeat the process with the other half of the ghee & chicken.

Once all the chicken is browned, pour the juice of one lemon over the chicken. Cover & reduce to low, simmer for 10 minutes.

While the chicken is simmering, juice the second lemon. Mix 2 tablespoons of the fresh lemon juice with 3 tablespoons of olive oil to make dressing.

Place the arugula in a large bowl & toss with the dressing. Generously grind fresh salt & pepper over the arugula salad. Once the chicken is done, place it on a plate & top with a heaping amount of arugula salad. Serve immediately.