



Creamy Chicken Costoletta



Ingredients:

- 1.5-2 lbs. Chicken breast, thinly sliced
- 1 Cup Seasoned flour (1 tsp of each salt, pepper, garlic powder, chicken bouillon and paprika)
- 1.5 Cups Italian seasoned breadcrumbs
- Egg wash (4 eggs plus ¼ c of water)
- 1 Cup Heavy cream
- ½ Cup Parmesan cheese
- 1 Large lemon, juiced and zested
- Mashed Potatoes
- 1 bunch Roasted Asparagus
- Salt and pepper to taste
- 2 tbs Garlic powder (divided)
- Canola oil
- 1 tsp Italian seasoning

Method:

1. Season the chicken breast with salt, pepper and half of the garlic powder on both sides.
2. In three shallow bowls, add seasoned breadcrumbs to one, the egg wash to another and the seasoned flour to the last one. Dip the chicken into the flour, egg wash and breadcrumbs, then the egg wash again and breadcrumbs for one last time.
3. In a large skillet, pan fry the chicken cutlets in canola oil until they are brown and crispy. Let them drain on paper towels or a wire rack and set them aside while we make the sauce.

Method, Lemon Cream Sauce:

1. Add the heavy cream to a skillet over medium heat.
2. Add the Parmesan cheese, lemon juice and zest and season it with salt, pepper, Italian seasoning and the rest of the garlic powder and simmer for about 5 minutes while assembling the chicken.

Assembly

1. First, add place the mashed potatoes down then add the roasted asparagus on top.
2. Next, place the chicken cutlets done in a single layer (slightly overlapping is fine).
3. Finally, pour the lemony cream sauce over the chicken and enjoy.