



Chicken and artichoke sauté

20'
Hands on

15'
Cook Time

6
Portion(s)

2
Difficulty



Ingredients

- lemon juice, of 1/2 lemon
- 3 artichokes, large
- 3 tablespoon(s) olive oil
- 1200 g chicken breast fillet
- 50 g all-purpose flour
- 2 onions
- 80 g white wine
- 200 g stock, chicken
- 4 teaspoon(s) tarragon, fresh, finely chopped
- salt
- pepper
- 60 g butter

Διατροφικός πίνακας

Nutrition information per portion

376 Calories (kcal)	14.0 Total Fat (g)	6.6 Saturated Fat (g)	12.0 Total Carbs (g)
19%	20%	33%	5%
4.1 Sugars (g)	48.0 Protein (g)	2.1 Fibre (g)	0.97 Sodium (g)
5%	96%	8%	16%

Method

- Clean the artichokes and place them in a [bowl](#) full of water and the juice from half a lemon so that they don't darken in color.
- [Slice](#) the chicken breasts in half, lengthwise, and place between two sheets of plastic wrap. Beat them with a meat tenderizer until they flatten to 1 cm thick, to become as thin as schnitzel.
- In a large bowl, combine the flour, salt and pepper.
- Place a [wide pot](#) over high heat and add 1 tablespoon of olive oil.
- Dredge the chicken fillets in flour on both sides and tap them to release the extra flour.
- Sauté the first 3 chicken fillets for 3 minutes on each side. Transfer to a plate and repeat the same process for the next 3 fillets. Transfer to the plate.
- Add the remaining olive oil to the pot. Thinly slice the onion and sauté for 4-5 minutes. Drain the artichokes, add them to the pot and sauté for 3 minutes.
- Add the wine and let it evaporate for 2-3 minutes, until the alcohol evaporates. Add the stock and tarragon and cook for 5 minutes. Add the chicken and cook for 5 minutes. Season to taste and remove from heat.
- Add the butter and mix until it melts and [serve](#).