

Lemon Thyme Chicken with Vegetables

Equipment Needed:

Frying pan
Measuring cup and measuring spoons
Spatula and knife
Plastic wrap
Rolling pin or mallet

To Make The Recipe:

2 skinned and boned chicken breasts
1/2 tsp salt
1/4 teaspoon pepper
1 ½ tbsp whole spelt or brown rice flour
2 tbsp butter, divided
1 tbsp olive oil, divided
1/4 cup chicken broth
1/4 cup lemon juice
1 clove garlic
1 tsp thyme
4 lemon slices
2 tbsp chopped fresh flat-leaf parsley
8 cups mixed vegetables: Carrots, asparagus, onions, broccoli, celery
Garnish: lemon slices

Cut the chicken breasts in half lengthwise. Place the chicken between two pieces of plastic wrap and use a rolling pin to flatten the chicken to about 1/4 inch thick. A wooden and metal mallet can also be used.

Dredge the chicken lightly in flour. Remove any excess. Melt 1 tbsp of butter and 1 tbsp olive oil in a frying pan over medium to high heat. Cook 4 pieces of chicken in the skillet, cooking 2-3 minutes on each side or until golden. Remove from the pan and keep warm on a plate. Add chicken broth, lemon juice thyme and garlic to the frying pan and bring to a boil. Lower to simmer and allow it to thicken. Be sure to stir to get the bits from the bottom of the pan. Add the lemon slices. Season with sea salt and pepper to taste. Remove from the heat and add the parsley and the remaining butter. Steam vegetables. Pour the sauce over the chicken and vegetables and serve over brown rice or with baked potato.