

Chicken Scallopini in Saffron Cream Sauce

Chicken Scallopini is elevated to a whole new, luxurious level by this velvety Saffron Cream Sauce. You can always use a lighter cream to cut back on the fat content without sacrificing any of the flavour. As a meal for your family or to impress even the most discerning of guests, this recipe is easy, quick and a true culinary delight!

Ingredients:

- 2 Tbsp olive oil
- 1 lb. chicken breasts
- 2 shallots, finely diced
- 1 clove garlic, minced
- ½ c. white wine
- 1 and ½ c. chicken broth
- ¼ tsp saffron threads
- ½ c. cream (either heavy or light)
- ¼ tsp. freshly ground black pepper
- 3 Tbsp chopped fresh flat leaf or Italian parsley, or fresh chives

Cut chicken breasts in half lengthwise and place in zipper lock baggie, one at a time, and pound to ¼ inch thickness. Season lightly on both sides with salt and pepper. Warm olive oil in large skillet over medium high heat. Cook pounded chicken breasts until golden brown on both sides, about 2-3 minutes per side. Transfer to serving plate and tent with foil to keep warm. Turn heat to medium and add shallots and garlic and cook until tender, about 2 minutes.

Deglaze pan with white wine. Using a wooden spoon, scrape all of the flavourful brown bits from bottom of the pan. Cook until wine is almost evaporated.

Add broth and saffron threads. Bring to a simmer and reduce for approximately 10 minutes. Add cream and season with salt and pepper. Stir to combine and simmer about 1 minute to

blend flavours. Pour sauce over chicken cutlets and sprinkle with chopped fresh parsley. Serve immediately

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