

martha stewart



Chicken Paillards with Lemon-Butter Sauce

Before making this dish, read our handy instructions on [how to make chicken paillards](#). Lemon segments give this dish great flavor. To segment the fruit, cut away all the peel and white pith. Then slice along the membranes.

Serve the chicken and sauce over fresh spinach.

SERVINGS: 4



INGREDIENTS

4 chicken paillards (from 2 breast halves)

Salt and pepper

1 tablespoon extra-virgin olive oil

1 tablespoon plus 2 to 3 tablespoons cold unsalted butter (cut into small pieces)

1/4 cup minced or sliced shallot

Segments and juice of 2 lemons

3/4 cup low-sodium chicken stock

DIRECTIONS

1. Season chicken paillards on both sides with salt and pepper. Heat olive oil and 1 tablespoon butter in a large skillet over medium-high heat until butter foams. Add two paillards, and saute on one side until golden brown, about 2 minutes. Reduce heat to medium. Flip, and saute paillards until cooked through, about 2 minutes. Transfer to a plate. Raise heat to medium-high, and repeat with two remaining paillards.
2. Add shallot to skillet, and cook over medium heat, adding oil or butter as needed, stirring often, until golden, about 1 minute. Raise heat to medium-high. Add lemon segments and juice, chicken stock, and any plate juices, and deglaze the pan, scraping brown bits from bottom with a wooden spoon. Simmer until sauce reduces by half, about 3 minutes. Gradually stir in remaining 2 to 3 tablespoons butter until just melted. Season to taste.