

Cheryl's

HERBAL

CHICKEN FRANCESE

MADE WITH
REAL INGREDIENTS & HERBS

EVERYTHING
HERBAL
by Cheryl Jabz



Tender chicken cutlets in a light, lemony garlic sauce with white wine and a blend of healing herbs. A classic dish with rustic, homemade flavor that's perfect over pasta or with your favorite sides.



PREP TIME
15 MIN



COOK TIME
25 MIN



SERVINGS
4

INGREDIENTS

CHICKEN

- 4 boneless, skinless chicken breasts
- ½ tsp sea salt (or to taste)
- ½ tsp black pepper
- ½ cup all-purpose flour
- 2 tbsp olive oil
- 2 tbsp unsalted butter

SAUCE

- 3 cloves garlic, minced
- ½ cup dry white wine
- 1 cup low-sodium chicken broth (or use 1 cup water + 1 bouillon cube)
- Juice of 1 lemon (about ¼ cup)
- Zest of 1 lemon
- 2 tbsp fresh lemon slices (optional)
- 2 tbsp capers, drained
- 1 tsp dried parsley
- ½ tsp dried thyme
- ½ tsp dried oregano
- 1 tbsp fresh parsley, chopped
- Salt and black pepper to taste

TO SERVE

- Pasta, rice, or roasted vegetables
- Extra fresh parsley and lemon slices
- Grated Parmesan cheese (optional)

HERBS with BENEFITS

Parsley: Rich in vitamins A, C & K and supports detoxification.

Thyme: Aids digestion and soothes the immune system.

Oregano: Natural antioxidant and supports overall wellness.

INSTRUCTIONS

- 1 **PREPARE CHICKEN:** Pat chicken dry and slice each breast in half horizontally to make 4 thin cutlets. Season both sides with salt and pepper. Dredge in flour, shaking off excess.
- 2 **COOK CHICKEN:** Heat olive oil and 1 tbsp butter in a large skillet over medium-high heat. Add chicken and cook for 3–4 minutes per side until golden brown and cooked through. Remove from skillet and set aside.
- 3 **START SAUCE:** In the same skillet, add remaining butter and garlic. Sauté for 30–60 seconds until fragrant.
- 4 **DEGLAZE:** Pour in white wine and scrape up any browned bits from the pan. Let cook for 2–3 minutes until slightly reduced.
- 5 **ADD LIQUIDS & HERBS:** Stir in chicken broth, lemon juice, lemon zest, capers, parsley, thyme, and oregano. Bring to a gentle simmer.
- 6 **SIMMER SAUCE:** Let sauce simmer for 5–7 minutes until slightly thickened. Taste and adjust seasoning with salt and pepper.
- 7 **RETURN CHICKEN:** Add chicken (and any juices) back to the skillet. Spoon sauce over the chicken and simmer for 2–3 minutes to heat through.
- 8 **SERVE:** Garnish with fresh parsley and lemon slices. Serve over pasta, rice, or roasted vegetables. Sprinkle with Parmesan if desired.

♡ Enjoy warm! ♡



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