



## *Julia's Cuisine*

**By:** Julia Pinney  
Main Course/Chicken & Turkey

**Webpage:**  
<http://www.juliascuisine.com/>

## Stove Top Lemon Chicken

Serves 4  
Prep time: 15 minutes  
Cook time: 30 minutes

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### *Ingredients*

4 Chicken cutlets  
3/4 Cup/180 ml chicken stock  
1/3 Cup/45 grams flour  
Juice of one lemon  
Zest of one lemon  
1 Whole lemon, cut into slices \*optional  
2 Tablespoons butter  
1 Tablespoon olive oil  
3 Cloves garlic, crushed  
1 Tablespoon sugar  
Small bunch fresh chopped parsley  
1 Teaspoon salt  
1/2 Teaspoon black pepper

### *Method*

Combine the flour, lemon zest, salt and pepper. Stir well.

Dredge the chicken cutlets in the flour mixture.

In a large skillet set over medium heat, add the olive oil and garlic until it sizzles, about a minute. Add the chicken to the skillet and cook for about 5 minutes then flip it over and cook the next side for 5 minutes.

Add the chicken stock, lemon juice, sugar, chopped parsley and butter to the chicken and give a stir. Top with lemon slices (optional). Reduce heat to low, cover and leave to cook for a further 15 minutes.

Remove from heat and serve with pan juices.