

# Chicken Scallopini

Serves 4

The term scaloppini refers to thin slices of meat. In this recipe we pound pieces of boneless chicken breast into thin, tenderized cutlets, dredge them in flour and egg and then fry them. It is a quick meal that makes great leftovers. Combine the meat with the Red Pepper sauce and some steamed broccoli for a colorful and tasty meal.



## Ingredients:

- 2 boneless chicken breasts
- 1/2 cup flour
- 1 egg
- 1 grind of sea salt
- 1 grind of fresh pepper
- 3 Tbsp. olive oil

## Equipment

- Mallet
- Tongs for handling chops during dredging

## Chicken Scallopini:

☑	Directions	Time (min)
	Prepare the ingredients for the Pepper Jelly Sauce but do not heat (see separate recipe)	10
	Cut each chicken breast into two parts. Butterfly the thick end into two thin pieces	2
	Place one of the pieces in a plastic bag. Pound with a mallet to 1/4" thickness. Repeat with the remaining pieces.	4
	Place 1/2 cup flour in a deep bowl	1
	One grind each of salt and pepper in the flour. Mix to combine.	1
	Break 1 egg into another shallow bowl and whisk	2
	Heat 1 Tbsp. olive oil in fry pan	1
	Using tongs, dredge one piece of pork in flour, then egg, then flour again	1
	Place in fry pan. Repeat with other pieces.	4
	Fry until golden on one side then flip and fry until golden on both sides	2
	Transfer meat to a warming drawer or low temperature oven	1
	Prepare the red pepper sauce in the hot pan as directed	1
	Plate the chicken, pour hot sauce over meat and then garnish with slices of scallion. Serve while hot.	1
	Total	31