

SAUTEED CHICKEN BREASTS WITH ALMONDS

3 whole chicken breasts, cut into halves
flour
salt and white pepper
8 tbsp butter
2 tbsp fresh lemon juice
½ cup blanched almonds, split into halves
1 tsp finely chopped garlic
1 tbsp finely chopped onion
¼ cup white wine
2 tsp finely chopped fresh parsley

Boil the chicken breasts for about 10-12 minutes and drain
Remove skin and breastbone.
Dry breast halves on paper towels

Mix flour with salt and pepper and dust the breasts.

Heat half the butter in a heavy pan.

Brown breasts slowly on each side and add lemon juice. Season with salt and pepper.

Cover the pan and saute' gently until chicken is tender. Remove chicken, set aside and add almonds, garlic, onion and 2 tbsp butter to pan. Stir until almonds are nicely browned. Then stir in rest of butter, alternately with the wine.

Return the chicken to the pan and reheat. Arrange chicken breasts on a shallow serving dish (or serve individually) and spoon almonds and sauce over chicken and sprinkle with parsley.

THIS IS REALLY DELICIOUS AND MOST OF THE PREP CAN BE DONE AHEAD OF TIME

Serves 6