

Gourmet

Lemon Chicken with Mushrooms

INGREDIENTS

- 2 -4 skinless, boneless Chicken Breast halves (6 ounces each).....
- 8 ounces of Sliced Pre-Cleaned Mushrooms, washed and rinsed.....
- 2 Shallots, minced.....
- 1 tablespoon fresh Ginger, finely grated.....
- 1 Lemon.....
- 2 Garlic Cloves, pressed.....
- ¼ cup coarsely chopped flat-leaf Parsley.....
- ½ cup coarsely chopped Cilantro.....
- 4 tablespoons Extra-Virgin Olive Oil.....
- Salt and freshly Ground Pepper.....

PREPARATION

- Heat 2 tablespoons Extra Virgin Olive Oil in large cast iron skillet. Place in Garlic, 1 minced Shallot, and Ginger. Place in Chicken Breasts. Salt and Pepper. After 1st side brown turn and Salt and Pepper the other side. Begin basting with Lemon. After both sides done throw in ¼ cup of the chopped Cilantro.
- In a small cast iron skillet, heat 2 tablespoons Extra Virgin Olive Oil. Throw in Sliced Mushrooms, the other minced Shallot, chopped Parsley, and ¼ cup of chopped Cilantro. Cook until the Mushrooms begin to release their moisture.

Serve on a white plate. Thickly slice each chicken breast crosswise, mound the Mushrooms to the side and serve with vegetable.

SERVES: 2