

Almond Caper Beurre Blanc Chicken

Serves: 4

4 boneless skinless chicken breasts
1 teaspoon kosher salt
½ teaspoon ground black pepper
¼ cup super-fine almond flour
6 tablespoons cold unsalted butter, divided
1 cup dry white wine
2 large lemons, zested and juiced
3 tablespoons capers
1 tablespoon fresh thyme leaves
½ cup roasted slated Marcona almonds
Garnish: fresh thyme leaves, lemon slices



1. Place chicken between sheets of plastic wrap. Using the flat side of a meat mallet or a rolling pin, pound to ¼-inch thickness. Sprinkle chicken with salt and pepper. Place flour in a shallow dish. Dredge chicken in flour, shaking off excess.
2. In a large nonstick skillet, heat 2 tablespoons butter over medium -high heat. Add half of the chicken; cook for 4 minutes per side. Wipe skillet clean. Repeat procedure with 2 tablespoons butter and remaining chicken. Remove from pan; keep warm.
3. Wipe skillet clean. Add wine to skillet; cook over medium -high heat until reduced by half. Add lemon zest and juice; cook for 2 minutes. Add capers and thyme. Whisk in remaining 2 tablespoons butter until melted. Sprinkle chicken with almonds, and pour sauce over chicken. Garnish with thyme and lemon slices, if desired.