

Chicken Florentine

Serves 2

516 calories/serving

- 1 T flour
- ¼ tsp salt, divided
- ⅛ tsp pepper, divided
- 2 chicken cutlets (1 breast, split)
- 2 T olive oil, divided
- 1 medium shallot or red onion, chopped
- 113 g mushrooms, trimmed and sliced
- 2 cloves med. garlic, minced
- 30 ml dry white wine or chicken stock
- 60 ml heavy cream
- 30 g finely grated Parmesan cheese
- 170 g fresh spinach



1. In a shallow bowl, add the **flour**, ¼ **tsp salt** and ⅛ **tsp pepper**. Mix well.
2. Dredge the **chicken** cutlets in the flour to coat. Transfer to large plate.
3. Place a large skillet over **medium-high heat** and add **1 T olive oil**. Tilt the skillet to evenly coat it with oil. The oil should shimmer, but not smoke. Add the dredged chicken cutlets in a single layer. Let them cook, without moving, until the bottoms are golden brown, **3 to 5 minutes**.
4. Use tongs to flip the cutlets and cook the other side is lightly browned and the chicken is cooked through, **2 to 4 minutes**.
5. Transfer the chicken onto a clean plate and tent it with foil. Set it aside while making the sauce, which will be made in the same skillet.
6. Turn the heat **down to medium** and add the remaining **olive oil**.
7. Add the **shallots** or **red onion** and sauté until they begin to turn translucent, **about 1 minute**.
8. Add the **mushrooms** and **garlic**, and season with the remaining **salt** and **pepper**. Sauté until tender, **2 to 3 minutes**.
9. Add the **white wine** or **stock** and scrape the bottom of the skillet with a wooden spoon, loosening any browned bits. Bring the wine to a simmer and cook until the alcohol smell dissipates, **about 1 minute**.
10. Stir in the heavy **cream**. Bring it to a gentle simmer.
11. Add the **spinach** in 2 or 3 batches, stirring after each addition until all the leaves are wilted and incorporated into the sauce.
12. Stir in the **Parmesan** until it is completely melted.
13. Nestle the chicken cutlets in the sauce and let it **simmer for 2 to 3 minutes** to reheat. Taste the sauce and adjust the seasoning with more **salt** and black **pepper**, if needed.