



CHICKEN BREASTS WITH GARLIC AND PARSLEY is excerpted from [POULETS & LEGUMES](#) © 2018 by Jacques Pépin.  
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## CHICKEN BREASTS WITH GARLIC AND PARSLEY

Serves 4

Cubes of chicken breasts are dredged in flour, sautéed over high heat in oil and butter, and finished with garlic and parsley and some fresh lemon juice. Make sure that you dry the cubes well with paper towels before you season them, and don't dredge them in the flour until just before sautéing. Finely milled [Wondra flour](#) will give you the crispest coating on the chicken; substitute all-purpose if you must. If possible, prepare this dish in a 12-inch skillet (preferably nonstick), which is large enough to accommodate the chicken in one layer.

**3 boneless, skinless chicken breast halves (about 7 ounces each), cut into 1- to 1½-inch cubes**

**2 tablespoons [Wondra flour](#)**

**½ teaspoon salt**

**½ teaspoon freshly ground black pepper**

**2 tablespoons good olive oil**

**1 tablespoon chopped garlic**

**3 tablespoons chopped fresh parsley**

**2 tablespoons unsalted butter**

**1 lemon, quartered**

1. Dry the chicken cubes with paper towels and toss them with the flour, salt, and pepper in a bowl. Heat the oil in a 12-inch skillet over high heat until very hot but not smoking, add the chicken cubes, and cook in one layer, turning occasionally, for about 3½ minutes. Meanwhile, combine the garlic and parsley in a small bowl. Add the butter and the parsley mixture to the skillet and sauté for 1 minute longer, shaking the skillet occasionally to coat the chicken.
2. To serve, divide among four plates, add a wedge of lemon to each plate, and serve within 15 minutes.

