

Pan-Roasted Garlic and Lemon Chicken

Serves 2

2 Tbsp. olive oil
2 fat cloves garlic, peeled and slightly smashed
1 lemon, halved
1 egg
1/3 cup breadcrumbs
2 Tbsp. romano or parmesan cheese
1/2 tsp. chopped rosemary
2 chicken breast halves, pounded to about 1/3 - 1/2" thickness

Heat a nonstick skillet over medium-low heat and add the oil. Once the oil is hot, add the garlic and cook, stirring occasionally, until golden brown and soft, about 7 minutes. Remove the garlic with a slotted spoon, and keep the oil in the pan.

Zest half the lemon into a dish or bowl, and to it add the breadcrumbs, cheese, rosemary, and salt and pepper to taste.

Crush the browned garlic cloves and whisk in a separate shallow bowl/dish along with the egg and juice from half the lemon.

Season the chicken with salt and pepper. Dip the chicken into the egg mixture, and then dredge into the breadcrumb mixture.

Heat the garlic oil over medium heat and once hot, add the chicken. Cook until done, about 2.5 minutes per side. Serve with slices or wedges of the remaining half lemon.