

FR. FRANK'S MARRY ME CHICKEN

Ingredients:

- ✦ 3 boneless, skinless chicken breasts patted dry
- ✦ Kosher salt and black pepper
- ✦ ¼ cup all-purpose flour
- ✦ 3 tablespoons extra-virgin olive oil, plus more as needed
- ✦ 3 tablespoons unsalted butter
- ✦ 3 garlic cloves, chopped
- ✦ 1 tablespoon tomato paste
- ✦ ½ teaspoon dried oregano
- ✦ Red-pepper flakes, to taste
- ✦ 1 cup low-sodium chicken stock
- ✦ ½ cup heavy cream
- ✦ ½ cup grated Parmesan
- ✦ ⅓ cup sliced sun-dried tomatoes



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Instructions:

1. Start from the thickest end and slice each chicken breast in half horizontally so you end up with a total of 6 cutlets. Scatter the flour, salt, and pepper on a large plate and coat the cutlets, shaking off the excess. Transfer the cutlets to a sheet pan or large plate in a single layer.
2. Heat the oil in a large pan over medium-high. Once hot, reduce the heat to medium and add the butter. As soon as it melts, add the cutlets and cook until golden on one side, about 5 minutes. Flip the chicken and cook the other side until golden, 4 to 5 minutes. Transfer the cutlets to a plate or sheet pan.
3. Reduce the heat to low, add the garlic and cook, stirring often, until fragrant, 1 to 2 minutes. Add the tomato paste, stirring until the color deepens, about 2 minutes. Add the oregano and red-pepper flakes, to taste.
4. Increase the heat to medium, add the stock and bring to a simmer, scraping up any bits from the bottom of the pan, until the liquid is reduced by half, about 5 minutes.
5. Add $\frac{1}{2}$ cup of the cream and warm through, stirring, until it thickens slightly, about 3 minutes. Watch the cream closely, reducing the heat if necessary, to maintain a gentle simmer. Stir in the Parmesan and the sun-dried tomatoes. Add more cream, if you like, and season the sauce.
6. Place the chicken back in the pan to warm through, about 4 minutes. Remove from the heat and serve. Serve with pasta or rice.

