Scallopine Chicken with Artichoke

Cooking Instructions

This dish has 2 parts: Chicken Cutlets and Scallopine Sauce.

QuickThaw: QuickThaw Chicken and Sauce by submerging well-sealed packages in water for 15–20 minutes.

Chicken and Sauce:

1. In a skillet over medium heat, add 2 Tbls oil.
2. Sauté chicken breasts approximately 5–7 minutes on each side, turning once, until chicken reaches an internal temperature of 165°F.
3. Remove cooked chicken from pan and set aside.
4. Add sauce to skillet and lower heat.
5. Simmer for 3–5 minutes.
6. Spoon sauce over chicken.

Internal temp: 165°F.

Serving Suggestions: Garlic butter new potatoes, oven-roasted Balsamic asparagus. Chenin Blanc.

Please Note: Cooking times are estimates and vary based on your actual stovetop, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to

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