



Andrea's Chicken Quarantine

(Pechuga De Pollo A La Florentina)

I had eaten this dish at a fancy Italian restaurant and absolutely loved it. So, I decided to search for a recipe to make during this quarantine. I found a recipe demonstration on YouTube in Spanish, and it came out perfect! The whole family enjoyed it, and you know how hard it can be to please all of them sometimes. I've translated it here. The only thing I did differently was not add ham. Bon appetite!



INGREDIENTS

2 tbsp vegetable oil
 12 oz fresh baby spinach
 4-6 chicken breasts
 Salt
 Pepper
 1 shallot (chopped) you can substitute one small onion instead
 2 cloves of garlic chopped
 1 ¼ cup water
 1 ¼ cup chicken stock or dry white wine (I used a cheap Sauvignon Blanc)
 1 cup heavy cream
 1 teaspoon lemon juice
 1 teaspoon lemon zest
 ½ cup parmesan cheese (can substitute mozzarella for the very top if you like)
 Serve over rice, cauliflower or regular mashed potatoes, pasta, etc.

DIRECTIONS

1. Heat 1 tablespoon vegetable oil over medium heat, add spinach and sauté for 3 minutes.
2. Put spinach in kitchen sieve (colander) over a bowl and press spinach with spoon to get rid of excess water. Set aside.
3. In the same pan, heat another tablespoon of vegetable oil.
4. Add salt & pepper to each side of your chicken breasts.
5. Add chicken to pan and cook for 5-6 minutes each side.
6. When done, add the shallot & garlic and cook for 1 minute.
7. Add water and chicken stock (or wine) and cream.
8. Cook over medium heat for 10-15 minutes.
9. Make sure your chicken is cooked thoroughly by cutting a little bit of the center.
10. Remove chicken from pan and place on plate or cutting board.
11. Continue to cook (reduce) sauce for another 10 minutes, then remove from heat and add ¼ of your parmesan cheese, lemon juice and lemon zest, stir to combine.
12. Slice chicken into 1/2 inch pieces, then place into an oven-safe glass pan.
13. Top with spinach, then sauce, then the rest of your parmesan cheese (or mozzarella for this part).
14. Broil until cheese gets lightly browned (about 2 minutes).