



Lemon Chicken Sauté

INGREDIENTS

- 1 boneless skinless chicken thigh
- Olive Oil
- 1/4 fresh lemon
- Salt and white pepper mix
- 1/2 bell pepper of any color sliced thin
- Celery sliced thin on the bias
- 3/4 medium white or yellow onion sliced thin
- 1/2 cup strong chicken stock
- 1 tsp. cornstarch dissolved in 2 tsp. water
- Chives, Italian parsley, Parmesan cheese

DIRECTIONS

1. Prep the chicken: Slice the thighs across about a 1/8 inch thick, season with salt and white pepper mix and hold in the refrigerator.
2. Heat a nonstick heavy-bottomed sauté over high heat. Add olive oil to cover the bottom.
3. When good and hot add the onion, pepper and celery, season with salt and white pepper mix and toss over high heat. Cook until the vegetables are starting to soften and turn the heat down a little. Continue to cook just until they get some color. (Cook them to the degree you like in the finished dish). Remove from pan.
4. Wipe the pan of any small pieces of vegetable that might burn and add fresh OO. Sauté the chicken thigh slices over high heat, tossing and separating to cook evenly.
5. When they are almost done add back in the vegetables saute until the excess liquid dries up, Then squeeze lemon in. Add the stock and let cook for maybe a minute over lower heat to blend flavor and make sure the chicken is cooked through. Add cornstarch to thicken the stock.
6. Garnish with chopped fresh chives or Italian parsley if desired.
7. Serve over rice or egg noodles. Sprinkle with freshly grated Parmesan cheese if you like.



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