

Mediterranean oven baked chicken

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There's something about Chicken Marbella that feels effortlessly elegant, even though it couldn't be easier to make. I first tasted it years ago at a dinner party and was immediately hooked by the sweet-and-savory flavors—tangy capers and green olives, sweet prunes, and tender chicken all bathing in a garlicky wine sauce. This version is an Italian take on the classic, with a few tweaks to bring out even more bold, Mediterranean flavors.

This version is a smaller batch, perfect for a cozy dinner or a little something special without all the fuss. I use a mix of bone-in chicken breasts and thighs for rich flavor and juicy texture. The overnight marinade does all the heavy lifting, and the oven does the rest. Serve it with crusty bread to soak up every drop of that incredible sauce, and you've got a dish that feels fancy without trying too hard.

Things to know about this Mediterranean oven baked chicken

1. Marinating is key in this chicken recipe, the dish gets its signature flavor from a long marinade. Give it at least 4 hours, but overnight is better for deep, rich flavor.
2. Using a mix of bone-in, skin-on chicken breast and thighs adds moisture and flavor.

3. You can use either dried prunes or figs. Combined with the briny olives and capers, it's a delicious taste of sweet and savory.
4. A classic with an Italian twist. While chicken Marbella was born in New York kitchens, this Italian version has all the bold flavors of Italian cooking, oregano, garlic and olive oil.
5. It's even better the next day. Like many braised or marinate dishes, leftovers are delicious.
6. It's a perfect chicken recipe for entertaining. This dish can be prepped ahead and roasted just before you're ready to serve.
7. This Mediterranean oven baked chicken freezes well. Store cooled portions in an airtight freezer container and reheat for a ready made meal. ENJOY!!! If you like easy chicken recipes try my Easy chicken Francese or my easy chicken picatta or my easy chicken marsala

Ingredients

- 2 bone-in, skin-on chicken breasts
- 2 bone-in, skin-on chicken thighs
- 4 cloves garlic, minced
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 2 tablespoons dried oregano
- Salt & freshly ground black pepper, to taste
- 1/3 cup pitted prunes, roughly chopped if large
- 1/4 cup pitted Spanish green olives
- 2 tablespoons capers with a bit of brine
- 2 bay leaves
- 1/3 cup dry white wine
- 2 tablespoons brown sugar
- Chopped parsley, for garnish

Instructions

1. **Marinate the Chicken (do this the night before if you can):**

In a bowl or zip-top bag, combine garlic, vinegar, olive oil, oregano, salt, pepper, prunes, olives, capers, and bay leaves. Add chicken and toss to coat. Cover and marinate in the fridge overnight or at least 4 hours.

2. **Bake:**

Preheat oven to 375°F (190°C). Place chicken in a baking dish in a single layer. Pour all the marinade over it. Sprinkle brown sugar over the chicken, then pour in the white wine.

3. **Roast:**

Roast uncovered for 50–60 minutes, basting occasionally with the pan juices. The chicken is done when golden and its internal temp hits 165°F.

4. **Serve:**

Plate the chicken with spoonfuls of the prunes, olives, and juices. Garnish with chopped parsley.

Air fryer Parmesan Chicken Spiedini

Air fryer Parmesan Chicken Spiedini

Air fryer parmesan chicken spiedini are Italy's version of skewers or kabobs. In this spiedini recipe boneless, skinless chicken thighs are marinated in a blend of Italian spices, cooked in the air fryer, and basted with a delicious garlic, parmesan butter sauce.

The chicken is so tender and juicy, , and the spiedini can be served as an appetizer or as a main course. You can also cook the chicken skewers in the oven or on a grill, making them perfect all year. No matter how you cook them, they're full of flavor and always a crowd pleaser

If you like easy and delicious chicken recipes, try this oven baked chicken spiedini recipe , that you will love, or one of my personal favorites Easy Italian chicken croquettes

Helpful things to know about this air fryer parmesan chicken spiedini recipe

When using wooden skewers, make sure to soak them in water for at least 30 minutes before making the recipe. This keeps the wood from burning in the air fryer. Typically, I prefer metal skewers.

If you're not in the mood for chicken thighs or prefer chicken breast this recipe works for both. And if you're not in the mood for chicken at all, this recipe would also be delicious with beef, pork, or shrimp. The cooking times will be different, so you'll need to experiment to get the exact cooking time.

No air fryer ? No problem . These chicken spiedini can be oven-baked or grilled. Either way , you'll still get that delicious juicy inside and lightly crisp outside, perfect for any time of the year.

One of the best things about this recipe is that you can make it ahead of time. Simply assemble the the chicken skewers, cover and refrigerate them up to 1 day or when you're ready to cook. In fact letting them marinate a bit longer enhances the flavor. When you're ready, just pop them in the air fryer, grill or oven. ENJOY!!! If you make this air fryer parmesan spiedini leave me a comment below, I love hearing from you and it helps others. THANKS!!!

Ingredients For the chicken

- 1 1/2 lbs. boneless skinless chicken thighs
- 2 Tbsp. olive oil
- 1 Tablespoon each garlic, onion, and paprika powder
- 1 Tbsp. Italian seasoning
- Juice and zest from one lemon
- 1/2 cup grated parmesan
- Salt and pepper to taste
- **GARLIC PARMESAN SAUCE**
- 1 stick softened butter
- 2Tbsp. minced garlic
- 2 Tbsp. chopped Italian parsley
- 1/2 cup grated parmesan cheese

Instructions

1. Add the chicken pieces to a bowl with the oil, parmesan, lemon juice , zest, Italian seasonings, garlic, onion, and paprika powder. Salt and pepper to taste. Mix to coat evenly. Allow the chicken to marinate in the fridge

covered for as little as 30 minutes but ideally overnight.

2. In a separate bowl combine the butter, minced garlic, parsley, parmesan, lemon juice, and chili flakes. Mix to create a compound butter.
3. Preheat the air fryer or out door grill I usually air fry the skewers at 400 degrees
4. Thread chicken pieces onto metal or wooden skewers and set aside. Remember, if using wooden skewers soak in water before using.
5. Add the skewers to the air fryer a few at a time, so as not to overcrowd the pan and the chicken cooks evenly. Cook 5-6 minutes, flip and cook an additional 3-4 minutes.
6. The internal temperature of the chicken should be at 150 degrees, at this point baste the chicken skewers with the garlic butter, and cook 1 minute , flip baste the other side and cook 1 more minute.
7. Top with more parmesan and parsley, serve warm with the parmesan sauce. ENJOY!!!!

Easy Italian chicken croquettes

Easy Italian chicken croquettes

These easy Italian chicken croquettes are ideal as a starter or appetizer because they not only taste delicious but also

look irresistible. Crispy and crunchy on the outside and moist on the inside, they're a hit with both kids and adults.

While croquettes originated in France, they've become a loved dish all over Italy and around the world, with savory variations that reflect local flavors and traditions. In this version, inspired by Southern Italy, the raw chicken is processed either in a food processor or chopped fine by hand and mixed with simple, flavorful ingredients- no potatoes.

Perfect for parties, family dinners, or anytime snack, these crocchette di pollo should come with a warning label- HIGHLY ADDITIVE!!!!

Things to know about this easy Italian chicken croquette recipe

You're going to love this recipe. Not only are these chicken croquettes easy to make and delicious, they can be made ahead of time, making them perfect for entertaining or weeknight meals. In fact, they're actually better if they're refrigerated before frying- chilling helps them firm up, hold their shape, and crisp up beautifully.

You can shape them in advance and refrigerate up to 2 days or freeze until you're ready to fry. They're kid-friendly, crowd pleasing, and freezer friendly- what more could you want. Pair them with my creamy lemon parmesan zucchini orzo or my Italian-style sauteed swiss chard for a complete Italian dinner.

Ingredients

- 1 Lb. cubed skinless, boneless chicken breast
- 1/2 cup grated parmesan cheese
- 1/2 cup breadcrumbs
- 1 egg

- 1/3 cup Italian parsley
- 1 garlic clove
- salt and pepper to taste
- pinch of nutmeg (optional)
- **FOR THE BREAD COATING**
- 1 egg slightly beaten
- 1 cup breadcrumbs
- 1/3 cup grated parmesan +
- 1/3 cup chopped Italian parsley
- 1 teaspoon garlic, onion, and paprika powder
- whisk everything together to blend well
- 2 cups canola olive oil blend for shallow frying

Instructions

1. In a food processor add the chicken breast, breadcrumbs, parmesan, egg , parsley, garlic, nutmeg (if using), salt and pepper to taste.
 2. Pulse until well combined, but still coarse. The texture should be thick and sticky , like a meatball. If it's too wet add one or two more tablespoons of breadcrumbs.
 3. Lightly oil your hands, and form about 2 Tbsp. of the chicken mixture into small ovals, or fat finger shapes, about 2 inches long.
 4. Dip each croquette first in the slightly beaten egg and then in the Italian seasoned breadcrumbs. Set aside.
 5. Heat a shallow layer of oil in a heavy skillet over medium heat . Fry the chicken croquettes in batches, turning to brown evenly on all sides (about 6-7 minutes total), or until golden and cooked through. ENJOY!!!
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Oven baked chicken spiedini

Oven baked chicken spiedini

If you love the classic flavors of chicken spiedini- juicy marinated chicken, garlicky breadcrumbs and that crispy golden crust – you're going to love this oven baked version. Typically cooked on the grill , spiedini is often seen as a summertime meal. But by swapping the grill for your oven, this version becomes a year-round favorite, perfect when you don't want to fire up the grill.

While grilling gives that charred finish, baking the chicken on skewers keeps it moist, and the breadcrumbs are crispy without having to go outside.

Why you'll love this oven baked chicken spiedini recipe

You can make this chicken spiedini in the oven rain or shine. Still baked on skewers for a perfect presentation.

You can make it ahead of time. Prep it now and cook it later. To make ahead coat the chicken in breadcrumbs assemble the skewers, and refrigerate up to two days. To freeze: Freeze the raw chicken skewers fully assembled flat on a baking sheet until solid , then transfer to an airtight container. When you're ready to serve bake frozen adding 10 minutes or thaw overnight in the fridge and bake as usual.

It's a delicious recipe to feed a crowd, perfect for parties, and family meals. Serve these oven roasted chicken spiedini with my Italian style-sauteed swiss chard and my creamy lemon parmesan zucchini orzo for a complete delicious Italian meal. If you make this oven baked chicken spiedini, I'd love to hear

how it turns out! Leave a comment below, snap a photo and tag me on Instagram. I love hearing from you and it helps others. Thanks!!! ENJOY!!!

Ingredients for the marinade

- 1/4 cup olive oil
- 1/2 cup white wine
- 1/2 Tbsp. red pepper flakes
- zest and juice from one lemon
- 1 Tbsp. minced garlic
- salt and pepper to taste
- 2 skinless, boneless, chicken breast
- **FOR THE BREADING**
- 1 cup breadcrumbs
- 1/2 cup grated parmesan cheese
- 1/3 cup grated pecorino
- 2 Tbsp. chopped Italian parsley
- **FOR THE LEMON GARLIC BUTTER**
- 1 stick butter
- 2 Tbsp. finely minced garlic
- Zest and juice from 1 lemon
- 2 Tbsp. chopped Italian parsley
- Salt and pepper to taste

Instructions

1. salt and pepper the chicken and cut into medium size cubes
2. In a large mixing bowl whisk together oil , red pepper flakes, wine, minced garlic. lemon juice and zest. Add the chicken to the marinade and toss to coat. marinade in the fridge for at least 1 hour.
3. If your using wooden skewers soak them in water while the chicken marinates, I use metal ones, here's the link.

4. Made the breading : In a bowl whisk together the breadcrumbs, parsley, garlic powder, lemon zest, parmesan and pecorino
 5. Once the chicken is done marinating toss the chicken pieces into the breadcrumb mixture to coat.
 6. Thread several pieces of chicken onto the skewers. Repeat with all the chicken
 7. Preheat your oven to 400 degrees. Line a baking sheet with parchment paper. Spray the chicken spiedini with olive oil arrange on the baking sheet and bake 12-15 minutes or until the chicken is cooked through. **You can also grill them** : Prepare the grill to high heat and brush with olive oil. Arrange the chicken skewers on the grill , grill for 5 minutes . Flip and grill 5 minutes more or until cooked through.
 8. While the chicken is cooking make the sauce melt the butter over medium low heat add the garlic saute until soft and fragrant, then add the wine and let cook for 2-3 minutes or until the sauce thickens slightly. Remove from the fire and add the lemon zest and parsley.
 9. Serve the chicken spiedini warm with the lemon, garlic sauce. ENJOY!!!
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**Caprese stuffed chicken
breast**

Caprese stuffed chicken

breast

If your looking for a restaurant – quality meal that’s easy enough for a weeknight dinner, this caprese stuffed chicken breast with asparagus is a must-try. Juicy chicken breast are packed with the classic flavors of caprese- fresh mozzarella, ripe tomatoes and fragrant basil – along with tender asparagus for a wholesome . satisfying dish that’s easy to make and delicious.

Why you’ll love this caprese stuffed chicken breast recipe

Quick and easy: Ready in under 30 minutes

Healthy & Wholesome: Packed with protein, veggies and fresh ingredients

Bursting with flavors: A perfect blend of creamy, tangy, and savory goodness

Make-ahead friendly: Prep and assemble ahead of time, then cook when ready !!

This caprese stuffed chicken breast with asparagus is a delicious dish that’s easy to prepare yet impressive enough to share with friends. Whether you’re looking for a quick week night dinner or a beautiful centerpiece for a special meal, this recipe delivers on both taste and presentation. Give it a try and let me know how it turns out- I’d love to hear your thoughts.

Ingredients

- 2 large chicken breast
- 12 asparagus spears trimmed
- 4 slices fresh mozzarella

- 4 slices thinly sliced tomatoes
- 2 slices thinly sliced prosciutto
- 2 Tbsp. olive oil
- 2 teaspoons each garlic, onion and paprika
- 2 Teaspoon Italian seasoning
- salt and pepper to taste

Instructions

1. Preheat your oven to 375- degrees
2. Cut the tough stem ends from the asparagus and blanch in boiling salted water for a few minutes set aside
3. Slice the chicken breast in half and pound thin so that you have four pieces of thinly sliced chicken breast
4. Season the chicken with the garlic, onion, paprika and Italian seasoning. Salt and pepper to taste
5. Add two slices of cheese, followed by one slice of tomatoes and three asparagus spears. Then sprinkle with sliced prosciutto. Top with a few basil leaves
6. Roll them up tightly jelly roll style. Secure with tooth picks
7. Sear the chicken breast in an oven proof pan for about three minutes per side until golden.
8. Transfer the pan to the preheated oven and bake for 15-20 minutes or until the chicken is cooked through.
ENJOY!!!!

**Bone-in Mushroom chicken
breast**

Bone-in mushroom chicken breast

When you're craving a comforting and flavorful Italian chicken meal, that's easy to make this braised bone-in mushroom chicken breast delivers. Tender bone-in chicken breasts are seared then gently simmered with earthy mushrooms, sweet caramelized onions and herbs, creating a rich savory sauce. This rustic, one-pan meal is perfect for both cozy family dinners and effortless entertaining.

Whether served over creamy polenta, twirled with pasta, or alongside crusty bread to sop up every drop of sauce, it's a meal that feels both hearty and special. Plus with simple ingredients and easy steps, it's an ideal recipe to keep in your recipe file for any occasion,

Why you will love this bone-in mushroom chicken breast recipe

This recipe shines because it combines simplicity with deep comforting flavors. Here's why your going to love it

One – pan wonder: fewer dishes means easier cleanup, and cooking everything in one pan builds extra flavors .

Tender and juicy chicken: Braising bone-in chicken breasts keeps the meat juicy and moist while infusing it with savory goodness.

Rich savory sauce: The combination of mushrooms, caramelized onions, garlic and herbs creates a robust sauce that feels both rustic and refined.

Versatile serving Options: Whether you serve it over polenta, pasta, or with crusty bread, this dish adapts perfectly with

different sides

Make-ahead friendly : The flavors only get better with time. making it perfect for meal prep or leftovers.

Ready to bring a taste of Italy to your table? Try this bone-in mushroom chicken breast recipe and let the rich, comforting flavors make any meal feel special. Please don't forget to share your creations and tag me- nothing makes me happier than seeing my recipes come to life in your kitchen. And it helps others. THANKS!!!

Ingredients

- 4 bone-in skin-on chicken breast
- 1 Tbsp. each garlic + onion+ paprika powder
- 1 Tbsp. Italian seasoning
- 2 cups cremini , portabella or button mushrooms
- 1 large sliced onion
- 1 Tbsp. minced garlic
- 1 cup white wine
- 1 cup chicken stock
- a few rosemary and thyme sprigs
- 2 Tbsp. butter
- 2 Tbsp. Italian parsley
- salt and pepper to taste

Instructions

1. Start by cleaning your chicken and pat dry. Cut the breast into equal pieces.
2. Add the cleaned, cut, chicken to a bowl season with the onion, garlic. paprika and Italian seasoning. Salt and pepper to taste
3. In a heavy stock pot or Dutch oven in 3 Tbsp. of olive oil sear the chicken on all sides until golden. Remove and set aside.

4. In the same pan , add a bit more oil if needed. Sauté the onions and garlic until soft and translucent. Add the mushrooms and cook until beginning to brown.
 5. Pour in the wine to deglaze the pan , waiting until evaporated before adding the chicken stock, rosemary and thyme.
 6. Nestle the chicken breasts back into the skillet , skin side up. Reduce heat to a simmer , cover and cook for 25-30 minutes until chicken is cooked through and tender.
 7. Garnish with the fresh Italian parsley . ENJOY!!!!!!
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Italian roasted lemon chicken dinner

Italian roasted lemon chicken dinner

There's something truly comforting about a classic Italian roasted lemon chicken dinner. With it's golden, crispy skin, juicy meat, and bright citrus aroma, this dish is a staple in Italian kitchens.

This dish holds a special place in my heart because it was the first meal I learned how to cook. I still remember nervously following my mothers instructions, carefully seasoning the chicken and peeking into the oven every few minutes to make sure I wasn't burning it. But when I finally pulled it out, golden and fragrant, I felt an immense sense of pride – like I had mastered a little piece of tradition. What makes this

Italian – inspired roasted chicken recipe stand out is how easy it is to make. A handful of quality ingredients come together effortlessly to create a meal that tastes and looks like it took hours to prepare. Add some cut potatoes and you have a complete meal that can be on your table in less than 1 hour.

Here's why this Italian roasted lemon chicken dinner is so easy

This Italian roasted lemon chicken dinner is incredibly easy to make because it requires minimal prep, simple ingredients and a hands – free cooking method. The seasoning is as straightforward as mixing olive oil, lemon juice, garlic and herbs, then rubbing it into the chicken. There's no complicated marinating or advanced techniques- just a few minutes of prep and the oven does the rest.

Adding potatoes to this Italian roasted chicken dinner makes it a complete meal with minimal effort. As the chicken roasts, the potatoes absorb all the deliciousness of the pan juices. You can also add additional vegetables like carrots, zucchini or whatever fits your taste for an additional nutritional boost. To make this Italian roasted lemon chicken dinner even more easy use a ready-cut chicken. You can also customize this recipe by using more parts of the chicken you like and less of the chicken pieces you don't.

Serve this roasted lemon chicken dinner recipe with a simple green salad and you have a perfectly well- rounded Italian – inspired that feels special yet effortless. Plus everything cooks in one pan, making cleanup a breeze!!!ENJOY!!!

Ingredients

- 1 whole chicken cut into sections
- 6 medium potatoes peeled and cut into equal cut medium

dice

- 3-4 gloves of garlic
- 1 sliced lemon
- juice from 1 lemon
- 2 Tbsp. olive oil
- 1 Tbsp. each onion, garlic and paprika powder
- 2-3 sprigs rosemary
- Salt and pepper to taste

Instructions

1. Preheat your oven to 400-degrees
 2. Prepare your chicken if using a whole chicken cut into sections . Then wash and pat dry.
 3. Add the cut chicken to a bowl drizzle with the olive oil, lemon juice, season with the garlic, onion, paprika powder, salt and pepper
 4. Transfer the chicken to an oven proof casserole dish.
 5. Now prepare the potatoes in the same way as the chicken. Peel, wash them and pat dry. Add them to a bowl and season them with the same spices you used to season the chicken.
 6. Transfer the potatoes next to the chicken.
 7. Add the lemon slices, garlic gloves and rosemary sprigs
 8. Bake in the preheated oven for 30-35 minutes or until the chicken is golden brown and cooked all the way through and the potatoes are fork tender.
 9. Plate the chicken and potatoes pour the pan sauce over them. Top with freshy chopped Italian parsley. Serve with additional fresh lemon slices. ENJOY!!!!
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Prosciutto and mozzarella chicken rolls

Prosciutto mozzarella chicken rolls

These prosciutto mozzarella chicken rolls are so easy and quick to make. With just a few minutes of prep time and less than 30 minutes of cook time you can have a restaurant quality dinner.

It starts with thinly pounded chicken breast filled with prosciutto and cheese then covered in my easy marinara sauce, though you can use your favorite store-bought if you prefer, then topped with freshy grated mozzarella and baked. whether served with a side of pasta , roasted vegetables, or a crisp green salad, these chicken rolls make an elegant yet easy meal that's perfect for weeknights or special occasions.

How to make this prosciutto mozzarella chicken roll recipe easy

These prosciutto and mozzarella chicken rolls are perfect for meal prep, making them a great option for busy weeknights or entertaining guest. You can assemble them in advance by pounding the chicken, layering the prosciutto and mozzarella, rolling them up , and securing them with tooth picks or kitchen twine . Once assembled, they can be stored in an covered container in the refrigerator for up to 24 hours before cooking.

If your planning further ahead, these chicken rolls can also be frozen before baking. Simple wrap each roll tightly in

plastic wrap and place them in a freezer-safe bag. When you're ready to cook, thaw them overnight in the refrigerator and proceed with baking. This method is especially convenient for meal planning, as you can prepare a batch in advance and have a delicious, homemade meal with minimal effort. Whether fresh or frozen these prosciutto mozzarella chicken rolls deliver a restaurant-quality meal with hardly any last-minute work,

Ingredients

- 4 boneless skinless chicken breast
- 4 cups my easy marinara sauce
- 4 slices prosciutto
- 2 cups freshly grated mozzarella
- 1/2 cup grated parmesan
- 1/2 cup chopped Italian parsley

Instructions

1. Heat your oven to 375-degrees
2. Start by washing the chicken and pat dry. Then pound the chicken breast until thin salt and pepper to taste
3. Lay one slice of prosciutto on each breast, divide half the mozzarella among the four breast, top with Italian parsley
4. Roll the chicken breast jelly roll style. Secure with toothpicks
 1. line an oven proof casserole dish with half of the marinara sauce. Lay the rolled chicken breast on top. Then top the chicken with the remaining marinara sauce and the shredded mozzarella, half of the grated parmesan and bake for 25-30 minutes. Top with the remaining parmesan and additional Italian parsley. ENJOY!!!!

Easy and quick chicken francese

Quick and easy Chicken Francese

Quick and easy chicken Francese is a lightly battered pan-fried chicken breast meal with an elegant white wine lemon sauce. It's like chicken piccata, but with a thicker sauce, more of it, no capers and lemon flavors, and a delicious crust that soaks up the sauce. Chicken Francese a lovely restaurant dish that's easy to make at home. It's hallmark is the light golden crust created by dredging chicken breast in flour and egg before pan-frying them to a golden perfection. Once cooked the chicken cutlets are covered in a tangy lemon sauce. This recipe is ideal for busy weeknights when you want something elegant but don't have hours to spend in the kitchen, and it's fancy enough for Saturday night dinner with friends.

What makes chicken Francese quick and easy is its minimal ingredients and straightforward preparation. With basic pantry ingredients, you can whip up this chicken dish in under 30 minutes. Pair it with simple sides like steamed vegetables, pasta, or a crisp salad for a complete meal. Whether you're hosting guest or feeding your family. Chicken Francese is sure to be a hit with its bright flavors and beautiful presentation.

Tips for making Quick and easy Chicken Francese

To ensure your chicken francese turns out perfect every time, start by pounding the chicken breast to an even thickness. This helps them cook evenly and quickly. Season both sides of the chicken with salt and pepper before dredging them in flour, and be sure to shake off any excess to avoid overcoating. When dipping the chicken breast into the egg mixture, let the excess egg drip off before placing in the hot pan to achieve a delicate golden crust.

When making the lemon butter sauce, use fresh lemon juice for the best flavor- it brightens the dish and balances the richness of the butter. Deglaze the pan with the wine and scrape up all the browned bits from the bottom, that's where the deep flavors are.

Let the sauce simmer briefly to thicken slightly before returning the chicken back to the pan. Serve immediately, garnish with fresh Italian parsley and lemon slices, for a dish that's as beautiful as it is delicious. ENJOY!!!

Ingredients

- 2 large skinless boneless chicken breast
- 1/2 cup flour
- 2 eggs
- 3Tbsp, olive oil
- 1 lemon thinly sliced
- lemon juice from 1 lemon
- 3 Tbsp. butter
- 2 cups chicken stock
- 1/2 cup white wine
- 1/2 cup chopped Italian parsley
- salt and pepper to taste

Instructions

1. Cut in chicken breast in half horizontally to form 4 thin breast in total
2. whisk the eggs slightly
3. Add salt and pepper to the flour
4. Coat the chicken first in the flour then in the egg
5. In a non- stick saute pan heat the oil over medium high heat
6. Cook the chicken until golden on both sides about 3 minutes per side. Then remove and set aside. Wipe the pan clean using paper towels.
7. In the same pan melt the butter. add 2 tbsp. of flour and cook stirring for 1 minute with a wooden spoon. While stirring add in the wine waiting until it evaporates before adding in the chicken stock. lemon juice and lemon slices. Simmer for 4-5 minutes or until the sauce thickens.
8. Return the chicken to the pan just to heat through, add the parsley. Plate the chicken pour the lemon sauce over it ,garnish with more Italian parsley and lemon slices . ENJOY!!!!

Roast spatchcock chicken with vegetables

Roast spatchcock chicken with

vegetables

This roast spatchcock chicken with vegetable is delicious, easy to make and ready in less than 1 hour.

There is something undeniably satisfying about serving a perfectly roasted chicken, but when you take it up a notch with the spatchcock technique, the results are next-level. spatchcock, where the backbone is removed and the bird is flattened, allows for even cooking and a irresistible crispy skin. It's a simple adjustment that transforms a traditional roast chicken into a culinary masterpiece.

I first discovered this method a few years ago when cooking Sunday dinner for my family and friends. My mom always taught me to roast the chicken the traditional way, but on this day time was short. I needed a way to cook the chicken faster without sacrificing any flavor or appearance. Enter the spatchcock technique -a game changer.

What I love most about this Roast spatchcock chicken with vegetables

What I love most about this spatchcock method of roasting chicken is how it creates perfectly even cooked chicken every time. The flattened chicken cooks faster, so your not left waiting for the thickest part of the breast to finish cooking. The exposed surface means more even seasoning and golden-brown crispy skin = the best part in my opinion. Plus it's easy to prepare and you have a complete restaurant quality meal that is on your table from start to finish in less than an hour.

This Roast spatchcock chicken with vegetables is more than just a cooking recipe – it's a way to elevate a classic meal

into something truly impressive. Whether you are preparing it for a family dinner or for a holiday gathering with friends, spatchcock chicken with vegetables is bound to steal the spotlight. Once you have tried this method of roasting chicken there is no going back.

I hope this recipe inspires you to give this roast spatchcock chicken with vegetables a try. If you do, let me know how it turns out- I'd love to hear about your experience with the recipe. THANKS!!!

Ingredients

- 1 whole chicken 4-5 lb.
- 1 stick of butter
- 1 Tbsp. each garlic + onion+ paprika powder divided in half we are using half to season the compound butter and the other half to season the vegetables
- 1 Tbsp. rosemary + 1 Tbsp. Italian parsley
- 4 medium peeled and cut in half potatoes
- 4 peeled and cut in half carrots
- 2 peeled and quartered onions
- 2 Tbsp. olive oil
- 1 cup white wine
- 1 sliced lemon
- salt and pepper to taste

Instructions

1. Start by cleaning out the cavity of your chicken then wash and pat dry. Lay the chicken breast bone down on a cutting board. Hit the back of the chicken hard with a mallet to loosen the back bone. Then using a knife or a pair of chicken scissors cut the backbone away from the chicken.
2. Turn the chicken around and push down with your hands to flatten the chicken. Salt and pepper to taste.

3. Then make the compound butter: In a bowl add soft butter, garlic, onion, paprika powder and mix to make a pasta.
4. Spread the compound butter all over the chicken top with the chopped rosemary and Italian parsley.
5. Lay the vegetables on a baking sheet drizzle with the olive oil, and the remaining spices you used to season the compound butter. salt and pepper to taste.
6. Lay the chicken on top of the seasoned vegetables, add the lemon slices and roast in a preheated 400- degree oven for 45 minutes. Add the wine the last 15 minutes. Let the chicken rest for 10 minutes before cutting. Pour the pan juices over the top. ENJOY!!!!