

Chicken Jaelena

INGREDIENTS

CHICKEN MEDALLIONS

a/n olive oil

2 cups flour

Tbsp pepper

Tbsp salt

Tbsp granulated garlic

5 ounce chicken breast



CHICKEN JAELENA

Tbsp olive oil

2 ounce julienne onions

2 ounce sundried tomatoes

1 tsp sugar

pinch chicken base

1 oz white wine

1 oz balsamic vinaigrette

1/2 cup diced tomatoes

7 ounce penne rigate

Garnish with feta crumbles

1. Mix the flour and seasonings. Pound a skinned chicken breast to 1/4" thickness without tearing. Cut the chicken into thirds. Dredge the medallions in the seasoning then pan fry in olive oil until light brown. Set aside.
2. In a sautee pan heat olive oil. Sautee onions until limp, add sun dried tomatoes, sugar, chicken base, balsamic vinaigrette and tomatoes. Deglaze with white wine.
3. Add butter as desired if sauce becomes too dry.
4. Toss with penne rigate and garnish with feta.

NOTES

This unique dish gets its flavor from simmering the vegetables in a balsamic vinegar reduction.