

Chick'n Marsala

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Preparing & Cooking the Chick'n

To prepare the Chick'n, cut or tear each scallopini into 2 equal pieces. Season both sides with salt and pepper. Set aside.

To cook the scallopini, preheat a pan over medium to medium-high heat. Once the pan is hot, add the oil, followed by the Chick'n. Cook the chick'n for 2 or 3 minutes on each side, until golden brown. Once done, place the chick'n onto a cooling rack, loosely tented with foil. Let rest while you prepare the sauce. Note: Depending on the size of your fry pan, you may need to cook the chick'n in two batches.

Step 1: Preparing & Cooking the Chick'n

- 4 pieces Gardein Chick'n Scaloppini
- sea salt, to taste
- ground black pepper, to taste
- 2 tsp grapeseed oil (approx.)

Step 2: Making the Sauce & Serving the Dish

- grapeseed oil, if needed
- 3 tbsp shallots, minced
- 1/2 cup Marsala wine
- 1 cup dark vegetable stock
- 2 tbsp non-dairy butter
- sea salt, to taste
- 1 lemon, cut in half
- 1/4 cup Italian flat-leaf parsley, roughly chopped

To make the sauce, first make sure the sucs (the browned, caramelized bits at the bottom of the pan) have not burned. Add a touch more oil, if needed, followed by the shallots. Let the shallots cook until soft and translucent.

Next, deglaze with the Marsala and let the wine reduce until almost all of the liquid has evaporated. Next, add the stock. Bring it to a simmer and let it reduce by about half. Let the liquid reduce until you reach a sauce-like consistency.

To finish the sauce, swirl in the non-dairy butter and taste for seasoning. Depending on the type of stock you have used, you may need to season with a bit of salt and pepper.

To finish the dish, squeeze 1/2 of the lemon in over the Chick'n, and sprinkling with the parsley.

Lastly, place the Chick'n, back into the pan with the sauce — making sure to coat it in the sauce as you add it. Serve with roasted potatoes or pasta of your choice, and a side of steamed greens.