



Florentine Chicken

Ingredients

For the Chicken:

- 2 large chicken breasts
- ½ tsp salt
- ½ tsp black pepper
- ½ cup almond flour *or* all-purpose flour
- 2 tbsp grated Parmesan
- 1 tbsp olive oil
- 1 tbsp butter

For the Florentine Sauce:

- 1 tbsp butter
- 2 garlic cloves, minced
- ¾ cup chicken broth
- 1 tbsp Italian seasoning
- 1 cup heavy cream
- ¼ cup grated Parmesan
- 2 cups baby spinach, loosely packed

Instructions

1. Prep the Chicken

Slice each chicken breast lengthwise to create 4 thin cutlets. Season both sides with salt and pepper.

2. Dredge

In a shallow bowl, combine the almond flour and Parmesan. Dredge each chicken cutlet in the mixture, pressing lightly to coat.

3. Sear the Chicken

Heat olive oil and 1 tbsp butter in a large skillet over medium heat. Add the chicken and sear for 8–10 minutes, flipping halfway, until golden and cooked through. Transfer to a plate.

4. Build the Sauce

Add another tablespoon of butter to the same skillet. Sauté garlic for 30 seconds. Pour in the chicken broth and stir in Italian seasoning. Simmer for 5–6 minutes until slightly reduced.

5. Make it Creamy

Add the heavy cream and bring to a gentle boil. Stir in Parmesan and spinach. Simmer until the

cheese melts and spinach wilts.

6. Finish & Serve

Return the chicken to the skillet and simmer in the sauce for another 5 minutes, until thickened. Serve warm with the creamy spinach sauce spooned over the top.