

Medallions of chicken marsala recipe

Medallions of chicken smothered in a rich tomato marsala wine sauce garnished with chopped parsley.

Ingredients:

2 boneless chicken breasts
2 green onions/ shallots chopped to ½ inch/ 1cm segments. Use both the green and the white parts.
2 tablespoons of minced garlic
½ bunch of coarsely chopped parsley
2 freshly diced tomatoes
½ pound/ 200 g of sliced mushrooms
1 cup of dry Florio Marsala wine
1 cup of flour
4 tablespoons of olive oil
Add salt and pepper to taste

Method:

Slice the chicken breast at an angle and cut up into medallions. Place the chicken meat between 2 sheets of waxed paper and gently flatten with a meat cleaver to uniform thickness.

Lightly coat the chicken in the flour.

Heat the olive oil in a heavy skillet or large non stick frying pan to medium high. Cook the chicken in the olive oil then remove the medallions from the cooking vessel and keep warm.

Add the garlic and the mushrooms to the pan and cook for about 6-7 minutes stirring often. Reduce the heat to medium. Next add the onions, the diced tomatoes and the dry marsala wine and cook for about 2 minutes.

Add the chopped onions and the dry Marsala wine. Reduce the heat to medium-low, adding the tomatoes and cook for a further two minutes. Salt and pepper may be added according to taste. Place the chicken medallions on a serving platter and pour the Marsala sauce over the top. Garnish the chicken with a liberal sprinkle of chopped parsley.

Serve with an accompaniment of vegetables, pasta and bread

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