1 Chicken Breast

1 Chicken Breast uses single-breast paprika skillet for two. Cook chicken to 165°F (74°C); times are estimates and depend on thickness and equipment.



Prep	Cook (estimate)	Rest	Servings	Difficulty
10 min	15 min	3 min	2	Easy

Ingredients

- 1 large boneless skinless chicken breast / about 10 ounces / 280 g
- 2 teaspoons olive oil / 10 ml
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon sweet paprika
- 1/4 cup chicken broth / 60 ml

Ingredient Notes

Single breast: Quantities assume approximately 280 g.

Yield: Two modest portions, not two full large breasts.

Instructions

1. Slice the single breast horizontally into two 1/2-inch cutlets.

2. Pat dry and season with salt, pepper and paprika.

3. Heat oil over medium heat in a small skillet.

4. Cook 3 to 5 minutes per side; add broth and cover briefly if needed until each cutlet reaches 165°F (74°C).

5. Rest 3 minutes and divide between two modest servings; breast size changes yield.

Time, Temperature & Doneness

Use a thermometer to check every chicken portion for 165°F (74°C) in its thickest center, avoiding bone. Exterior color, browning and clear juices are not reliable safety tests. Listed times vary with thickness and equipment.

Tips & Mistakes to Avoid

Tips: Weigh the breast. Flatten uneven ends. Check both cutlets.

Avoid: Assuming every breast weighs the same. Doubling cook time when doubling ingredients. Burning paprika.

Variations & Serving

One serving: Serve the full recipe as one larger portion. Herb: Replace paprika with thyme. Lemon: Add juice after cooking.

Divide the two cutlets from one breast into two modest servings. Optional sides are separate.

Storage, Freezing & Reheating

Storage: Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Follow the oldest ingredient's original deadline; mixing or reheating does not restart the storage clock.

Freezing: Freeze promptly cooled cooked portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. Continuous freezing preserves safety longer, although quality declines.

Reheating: Reheat chicken covered at 350°F (175°C) with a small splash of water or broth until centers reach 165°F (74°C). Stir mixtures and check multiple spots. Bring leftover sauces to a boil, then avoid prolonged cooking. Do not reheat leftovers in a slow cooker.

Recipe & References

Recipe: https://howtocookchickenrecipes.com/1-chicken-breast/

FoodSafety.gov - safe temperatures

FoodSafety.gov - cold storage chart