Chicken Breakfast Recipes

Chicken Breakfast Recipes uses cooked chicken breast and the stovetop method. Use chicken that has been refrigerated promptly; count its previous storage time.

PREP	COOK	ADDITIONAL	YIELD
15 min	22 min	5 min	4 servings



INGREDIENTS

- 2 cups (280 g) cooked chicken, diced
- 4 eggs (200 g)
- 1 large potato (250 g), diced 1/2 inch
- 1 bell pepper (150 g), diced
- 1/2 onion (75 g), diced
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) salt
- 1/4 tsp black pepper
- 1/2 tsp paprika
- 2 tbsp chopped parsley

METHOD

1. Microwave potato cubes with 2 tablespoons water, covered, for 4–5 minutes until almost tender; drain.
2. Heat oil in a skillet over medium heat. Cook onion and pepper 4 minutes, then add potatoes, salt, pepper and paprika. Brown 5–7 minutes.
3. Stir in cooked chicken and heat thoroughly. Make four wells and crack an egg into each.
4. Cover and cook over medium-low heat 5–8 minutes until whites and yolks are firm and chicken is 165°F (74°C). Add parsley.

FOOD SAFETY Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

Tips, Serving & Storage

Practical notes for reliable results and safe leftovers.

COOK’S TIPS & MISTAKES

Use chicken that has been refrigerated promptly; count its previous storage time. Prepare all measured ingredients before heating the pan. Keep raw and cooked utensils separate.

Skipping the thermometer check.

Crowding the cooking surface.

Changing the chicken cut without adjusting the cooking time.

DONENESS

Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

VARIATIONS

Spinach: wilt a handful into the hash.

Sweet potato: replace potato with the same weight of sweet potato.

Scramble: beat eggs and stir through until fully set.

SERVING

Serve with toast and fresh fruit.

STORAGE, FREEZING & REHEATING

Refrigerate promptly in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, counting any previous storage of cooked chicken.

Freeze cooled chicken in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator. Keep fresh salad components separate.

Reheat cooked chicken to 165°F (74°C). Warm sauced dishes gently with a splash of broth; re-crisp coated chicken on a rack in a 375°F (190°C) oven. Keep fresh vegetables and dips separate.

QUICK FAQ

Which chicken cut should I use? Use cooked chicken breast as listed for the stated timing.

How do I know when it is done? Check the thickest part reaches 165°F (74°C).

Can I make it ahead? Refrigerate promptly and follow the storage and reheating instructions; keep coatings, dressings and fresh vegetables separate when practical.