Chicken Breast Recipes with Sauce Recipes

Chicken Breast Recipes with Sauce Recipes uses chicken with mustard cream sauce. Cook chicken to 165°F (74°C); times are estimates and depend on thickness and equipment.



Prep	Cook (estimate)	Rest	Servings	Difficulty
15 min	25 min	0 min	4	Easy

Ingredients

- 1 1/4 pounds chicken breast cutlets / 570 g
- 1 tablespoon olive oil / 15 ml
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 small shallot / 40 g, minced
- 1/2 cup chicken broth / 120 ml
- 1/2 cup heavy cream / 120 ml
- 1 tablespoon Dijon mustard / 15 g
- 1/2 teaspoon dried thyme

Ingredient Notes

Mustard: Inspect salt and allergen labels.

Cream: Keep sauce at a gentle simmer.

Instructions

1. Flatten cutlets to 1/2 inch and season with salt and pepper.
2. Sear in oil over medium heat 3 to 5 minutes per side to 165°F (74°C); remove.
3. Cook shallot 2 minutes over lower heat; add broth and loosen browned pan juices.
4. Stir in cream, Dijon and thyme; gently simmer 3 minutes.
5. Return chicken briefly to warm through, check 165°F (74°C) and serve.

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: Remove chicken while reducing sauce. Stir browned juices into broth. Taste after heating.

Avoid: Boiling cream aggressively. Over-reducing sauce. Keeping breast in the pan throughout sauce cooking.

Variations & Serving

Mushroom: Add sautéed mushrooms. Herb: Replace thyme with oregano. No cream: Use extra broth; sauce will be thinner.

Divide chicken and Dijon cream sauce evenly among four servings. Optional sides are separate from these ingredient quantities.

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 portions airtight at 0°F (-18°C) for up to 2 months for best quality. Thaw in the refrigerator; cream or cheese mixtures may separate.

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/chicken-breast-recipes-with-sauce/

FoodSafety.gov - safe temperatures

FoodSafety.gov - cold storage chart