Chicken Picante

Prep 15 min | Cook 25 min | Rest 5 min | Total 45 min | Serves 4



INGREDIENTS

- 1 1/2 lb (680 g) boneless, skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 cup (240 g) tomato salsa
- 1/2 cup (120 ml) chicken broth
- 1 tsp (2 g) cumin
- 1 can (15 oz / 425 g) black beans, rinsed and drained

COOKING NOTES

Leave space around the cutlets while browning. Use a food thermometer for doneness; timing and color alone are not reliable.

SERVING SUGGESTION

Serve warm with a green salad. Add steamed vegetables or bread as desired.

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METHOD

1. Cut chicken into four even cutlets. Season with salt, pepper and cumin.

2. Heat oil in a skillet over medium heat. Sear cutlets about 4 minutes per side.

3. Add salsa, broth and black beans to the pan.

4. Simmer gently 8–12 minutes, checking each piece in the thickest part; chicken must reach 165°F (74°C).

5. Rest 5 minutes before serving.

STORAGE & REHEATING

Refrigerate in a covered shallow container within 2 hours (1 hour above 90°F / 32°C); keep at 40°F (4°C) or below and use within 3–4 days. Freeze airtight portions up to 2 months for best quality. Reheat to 165°F (74°C).

Food safety: refrigerate perishable leftovers within 2 hours (1 hour above 90°F / 32°C). Reheat cooked chicken to 165°F (74°C).