Cubed Chicken Recipes

Serves 4 | Difficulty Easy | Prep 15 min | Cook 20 min



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
2 bell peppers (300 g), diced
1 onion (150 g), diced
1 tsp (2 g) cumin
1/2 cup (120 ml) chicken broth

METHOD

1. Cut chicken into 1-inch cubes and season with salt, pepper and cumin.
2. Brown in oil 5 minutes.
3. Add peppers and onion; cook 5 minutes.
4. Add broth and simmer 5-8 minutes until chicken reaches 165°F (74°C) and vegetables are tender.

STORAGE

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Previously cooked ingredients retain their original storage deadline. Reheat cooked chicken and cooked sides to 165°F (74°C). Use an oven for breaded chicken; warm sauces gently. Add fresh toppings after reheating.