Diced Chicken Recipes

Quick skillet chicken bites finished with garlic, butter, lemon and parsley

SERVES 4	PREP 15 MIN	COOK 20 MIN



INGREDIENTS

Chicken
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

Finishing
3 garlic cloves, minced
2 tbsp (28 g) butter
1 tbsp (15 ml) lemon juice
1 tbsp (4 g) chopped parsley

To serve
Green salad, steamed vegetables or bread

METHOD

1. Dice the chicken into even 3/4-inch pieces and season with salt and pepper.

2. Heat the olive oil in a wide skillet over medium-high heat. Sauté the chicken in two batches for 6-9 minutes each, leaving space in the pan, until browned and every piece reaches 165°F (74°C).

3. Return all chicken to the pan. Lower the heat, add butter and garlic, and stir for 1 minute.

4. Remove from the heat. Stir in lemon juice and parsley, then serve warm.

Tips Cut the chicken evenly, avoid crowding, and use a thermometer to check the thickest pieces. Keep raw poultry and utensils separate from ready-to-eat foods. **Storage** Refrigerate in a shallow covered container within 2 hours and use within 3-4 days. Freeze cooked portions up to 2 months. Reheat chicken and sides to 165°F (74°C).