Food to Make with Chicken Breast

Thin chicken breast cutlets lightly dusted with seasoned flour, skillet-cooked, then coated in a glossy honey-lemon garlic pan sauce.



Prep 15 min | Cook 20 min | Total 35 min | Serves 4

Cooking times are estimates; sauce is prepared while the chicken rests.

Ingredients

- 1 1/4 pounds boneless skinless chicken breast cutlets / 570 g
- 2 tablespoons all-purpose flour / 16 g
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon fine salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil / 15 ml
- 1 tablespoon unsalted butter / 14 g
- 2 garlic cloves / 6 g, minced
- 1/3 cup water / 80 ml
- 1 tablespoon honey / 21 g
- 2 tablespoons lemon juice / 30 ml

Flour: A light dusting helps the sauce cling; thick patches become gummy.
Honey: Keep heat modest after it is added.
Sides: Mashed potatoes or slaw may be served separately, but are not included in these quantities.

METHOD & KITCHEN NOTES

How to make it

1. Flatten cutlets to 1/2 inch. Combine flour, paprika, salt and pepper; lightly coat chicken and shake off excess.

2. Heat oil over medium heat and cook chicken about 4 to 6 minutes per side until each center reaches 165°F (74°C). Transfer to a clean plate.

3. Lower heat, melt butter and stir garlic for 30 seconds. Add water, scraping up browned bits.

4. Stir in honey and lemon juice; simmer 2 to 3 minutes until lightly syrupy, adding a spoonful of water if too thick.

5. Return chicken briefly to coat and warm through. Serve with sauce spooned over it.

Doneness & best results

Check every chicken portion with a food thermometer: the thickest center must reach 165°F (74°C). Color alone is not a reliable doneness test. Cooking times vary with thickness and equipment.

Cook in batches if cutlets overlap. Scrape brown fond, but discard black burnt residue.

Serving & variations

Divide the finished dish evenly among 4 servings. Optional salad, bread, rice or other sides are separate from the listed ingredient quantities.

Less sweet: Use 2 teaspoons honey. Tangier: Add an extra teaspoon lemon juice after tasting the finished sauce.

Store, freeze & reheat

Refrigerate in shallow covered 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. Count from the oldest cooked ingredient; assembling or reheating does not restart its storage clock.

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator; continuous freezing preserves safety longer than the stated quality window.

Reheat covered at 350°F (175°C) with a small splash of water or broth until the chicken center reaches 165°F (74°C). Check several pieces and avoid unnecessary extra cooking.

Recipe online

howtocookchickenrecipes.com/food-to-make-with-chicken-breast/