HOW TO COOK CHICKEN / COMPLETE DINNER

Kale and Chicken Recipes

Tender chicken and braised kale with a light garlic broth.

PREP	COOK	REST	YIELD
15 min	22 min	N/A	4 servings



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) salt
- 1/4 tsp (0.5 g) black pepper
- 1 bunch kale (200 g), stems removed, chopped
- 2 garlic cloves, minced
- 3/4 cup (180 ml) chicken broth
- 1 tbsp (15 ml) lemon juice

METHOD

1. Cube and season chicken.
2. Cook in oil 6-9 minutes until 165°F (74°C); remove to a clean plate.
3. Add garlic for 30 seconds, kale and broth.
4. Cover and simmer 8-10 minutes until kale is tender.
5. Return chicken until hot and finish with lemon.

SAFE DONENESS Verify chicken reaches 165°F (74°C) in the thickest part with a food thermometer, away from bone. Time is an estimate.

Cook’s notes

TIPS

Remove thick kale stems for even cooking.

COMMON MISTAKES

- Relying on color alone for doneness.
- Overcrowding the cooking vessel.
- Skipping the thermometer check.
- Adding extra salt before tasting.

EASY VARIATIONS

Vegetable: use chard.

Bean: add white beans.

Spicy: add chili flakes.

SERVING

Serve hot in four portions. Pair with a green salad.

STORAGE

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 3-4 days. Include any prior storage time of cooked chicken.

FREEZING

Freeze cooled portions promptly in airtight containers for up to 2 months for best quality. Thaw in the refrigerator. Creamy sauces may separate and crisp coatings soften.

REHEATING

Reheat chicken leftovers to 165°F (74°C) throughout. Use a covered skillet with a splash of water, or an oven at 350°F (175°C); keep crisp skin uncovered. Store and add fresh toppings separately.

QUICK FAQ

Can I prepare this ahead? Prepare ingredients separately and refrigerate promptly; assemble and cook as directed.

What is the key technique? Remove thick kale stems for even cooking.

How do I check doneness? Verify chicken reaches 165°F (74°C) in the thickest part with a food thermometer, away from bone. Time is an estimate.

Food safety: Wash hands and utensils after raw chicken. Keep raw chicken separate from ready-to-eat food. Refrigerate leftovers promptly and reheat to 165°F (74°C).