Chicken Breadt

Tender skillet chicken with a quick garlic-lemon butter sauce.

PREP	COOK	REST	TOTAL	YIELD	LEVEL
15 min	18 min	5 min	38 min	4 servings	Easy

READY TO SERVE



Ingredients

Measured for 4 servings

- 1½ lb (680 g) boneless, skinless chicken breast
- 1 tbsp (15 ml) olive oil
- ¾ tsp (4 g) fine salt
- ¼ tsp ground black pepper
- ½ tsp (1 g) paprika
- 2 garlic cloves (6 g), minced
- ⅓ cup (80 ml) chicken broth
- 1 tbsp (14 g) butter
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (4 g) chopped parsley

FOOD-SAFETY CHECK

Use a clean plate and utensils for cooked chicken. Check temperature in the thickest part of each breast: 165°F (74°C).

From prep to plate

Follow each stage in order; the photo strip mirrors the recipe steps below.



01 INGREDIENTS



02 EVEN THICKNESS



03 COVERED COOK



04 PAN SAUCE



05 SERVE

Method

1. Prepare and season. Pound the chicken between parchment to an even ¾-inch thickness. Pat dry, then season both sides with the salt, pepper and paprika.
2. Sear the first side. Heat olive oil in a large skillet over medium heat. Add chicken in a single layer and cook 5–6 minutes, until well browned.
3. Finish covered. Turn the chicken. Carefully add broth, cover and cook 5–8 minutes. Start checking early; the thickest part must reach 165°F (74°C). Transfer to a clean plate.
4. Build the sauce. Reduce heat to low. Stir garlic in the pan juices for about 30 seconds, just until fragrant. Turn off the heat; swirl in butter and lemon juice.
5. Rest and serve. Rest chicken 5 minutes. Spoon the garlic-lemon pan sauce over the top and finish with parsley. Serve with mashed potatoes and steamed green beans.

NOTES, VARIATIONS & LEFTOVERS

Easy variations: Use thyme instead of parsley, lime instead of lemon, or stir 2 tbsp cream into the sauce off heat.

Storage: Refrigerate in a covered container within 2 hours (1 hour above 90°F); keep at or below 40°F and use within 3–4 days. Freeze airtight up to 2 months.

Reheat: Warm gently with a spoonful of broth until the center reaches 165°F (74°C).