One Chicken Breast

One Chicken Breast uses one-breast lemon skillet for two. Follow the numbered method and check chicken for 165°F (74°C); listed times are estimates, not proof of doneness.



Prep	Cook	Additional	Total	Servings
10 min	15 min	3 min	28 min	2

Ingredients

1 large boneless skinless chicken breast / about 10 ounces / 280 g

2 teaspoons olive oil / 10 ml

1/4 teaspoon salt

1/8 teaspoon black pepper

1 garlic clove / 3 g, minced

1/4 cup chicken broth / 60 ml

1 tablespoon lemon juice / 15 ml

Instructions

1. Slice the one large breast horizontally into two 1/2-inch cutlets; flatten uneven ends.
2. Pat dry and season with salt and pepper.
3. Heat oil over medium heat and cook about 3 to 5 minutes per side to 165°F (74°C) in each cutlet; remove.
4. Lower heat, cook garlic 30 seconds, then add broth and lemon; simmer 1 minute.
5. Return chicken briefly to coat and rest 3 minutes; divide between two modest servings.

Time, Temperature & Doneness

Use a thermometer in the thickest part of each chicken portion to verify 165°F (74°C). Avoid bone; check several large pieces for cubes or strips. Check stuffed filling centers too. Color, browning and clear juices are not reliable safety tests.

Ingredient Notes & Substitutions

One breast: Weight varies; this recipe assumes about 280 g.

Servings: Two small portions, or one large portion if preferred.

Tips for Success

Measure weight before scaling.

Check both cutlets.

Keep sauce heat moderate.

Common Mistakes to Avoid

Assuming all breasts weigh the same.

Burning garlic.

Doubling time when doubling ingredients.

Recipe Variations

Herb: Add dried thyme.

Single serving: Keep recipe quantities and serve one larger portion.

Two breasts: Double ingredients and cook in batches if needed.

Serving Suggestions

Divide into the stated servings; add separately prepared rice, potatoes or vegetables if desired. Side dishes are not included in the ingredient quantities.

Storage

Refrigerate promptly in shallow 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. Follow an older ingredient’s original deadline; combining foods does not restart the storage clock.

Freezing

Freeze promptly cooled cooked chicken 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 but texture declines.

Reheating

Reheat chicken covered at 350°F (175°C), with a small splash of water or broth where appropriate, until the center reaches 165°F (74°C). Check more than one portion. Bring leftover sauces to a boil, then avoid prolonged cooking; do not reheat in a slow cooker.

Frequently Asked Questions

How many servings does one breast make?

A roughly 280 g breast makes two modest servings in this recipe; smaller or larger breasts change yield.

What ingredient detail matters most?

Weight varies; this recipe assumes about 280 g.

Can I make it ahead?

Prepare ingredients in the refrigerator; cooked leftovers must be chilled promptly and used within their storage limits.

How do I know the chicken is safe?

Measure 165°F (74°C) in each thickest portion; estimated time and appearance are not enough.

Recipe & Sources

https://howtocookchickenrecipes.com/one-chicken-breast/

Budget Bytes — skillet breast technique

FoodSafety.gov — safe poultry and leftover temperatures

USDA FSIS — leftovers, chilling and reheating

FoodSafety.gov — cold storage limits