Pan Fried Chicken Breast Recipes

Pan Fried Chicken Breast Recipes uses pan-fried paprika chicken cutlets. Cook chicken to 165°F (74°C); times are estimates and depend on thickness and equipment.



Prep	Cook	Additional	Total	Servings
10 min	18 min	5 min	33 min	4

Ingredients

1 1/4 pounds chicken breast cutlets / 570 g

1 tablespoon olive oil / 15 ml

1/2 teaspoon salt

1/4 teaspoon black pepper

1 teaspoon sweet paprika

1/2 teaspoon garlic powder

1/4 cup chicken broth / 60 ml

Instructions

1. Flatten cutlets to 1/2 inch and pat dry.

2. Mix salt, pepper, paprika and garlic powder; season evenly.

3. Heat oil over medium heat in a wide skillet.

4. Sear 3 to 5 minutes per side; add broth and cover briefly if needed, continuing to 165°F (74°C) in each portion.

5. Rest 5 minutes on a clean board and serve with pan juices.

Time, Temperature & Doneness

Use a thermometer to check every chicken portion for 165°F (74°C) in its thickest center, avoiding bone. For stuffed chicken, check the filling center too. Exterior color, browning and clear juices are not reliable safety tests. Listed times vary with thickness and equipment.

Ingredient Notes & Substitutions

Cutlets: Equal thickness matters more than equal weight.

Paprika: Sweet paprika keeps this mild.

Tips for Success

Pat dry.

Leave pan gaps.

Check every cutlet.

Common Mistakes to Avoid

Overheating spices.

Crowding the skillet.

Using thick-breast times for thin pieces.

Recipe Variations

Herb: Replace paprika with oregano.

Lemon: Add juice after cooking.

Dairy: Finish with a small butter pat.

Serving Suggestions

Divide into the stated servings and serve with the recipe’s included components. Any additional rice, salad, bread or other side is separate from these 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 the oldest ingredient’s original deadline; mixing or reheating does not restart the storage clock.

Freezing

Freeze promptly cooled cooked 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, although quality declines.

Reheating

Reheat chicken covered at 350°F (175°C) with a small splash of water or broth until centers reach 165°F (74°C). Stir mixtures and check multiple spots. Bring leftover sauces to a boil, then avoid prolonged cooking. Do not reheat leftovers in a slow cooker.

Frequently Asked Questions

How thick should pan-fried cutlets be?

About 1/2 inch for this recipe; adjust timing and check every center.

What ingredient detail matters most?

Equal thickness matters more than equal weight.

Can I make it ahead?

Prepare ingredients in the refrigerator; chill cooked leftovers promptly and follow the oldest ingredient’s storage deadline.

How do I check doneness?

Measure 165°F (74°C) in each thickest chicken center; avoid bone and check stuffed filling centers too.

Recipe & Sources

https://howtocookchickenrecipes.com/pan-fried-chicken-breast-recipes/

Budget Bytes — skillet chicken technique

FoodSafety.gov — safe poultry and leftover temperatures

FoodSafety.gov — cold food storage chart

USDA FSIS — leftovers and food safety