Quick Chicken

Quick Chicken uses boneless skinless chicken breast and the stovetop method. Thin, evenly sized strips cook quickly. Avoid crowding the pan.

PREP	COOK	ADDITIONAL	YIELD
10 min	12 min	0 min	4 servings



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 2 garlic cloves (6 g), minced
- 1/3 cup (80 ml) chicken broth
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (14 g) butter
- 1 tbsp chopped parsley

METHOD

1. Slice chicken into thin strips and season.
2. Heat oil in a wide skillet over medium-high heat. Cook chicken in a single layer for 6–8 minutes, stirring occasionally, until 165°F (74°C).
3. Lower heat. Stir in garlic for 30 seconds, then add broth and lemon juice. Simmer 1–2 minutes.
4. Turn off heat, stir in butter and parsley, and coat the strips.

FOOD SAFETY Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

Tips, Serving & Storage

Practical notes for reliable results and safe leftovers.

COOK’S TIPS & MISTAKES

Thin, evenly sized strips cook quickly. Avoid crowding the pan. Prepare all measured ingredients before heating the pan. Keep raw and cooked utensils separate.

Skipping the thermometer check.

Crowding the cooking surface.

Changing the chicken cut without adjusting the cooking time.

DONENESS

Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

VARIATIONS

Paprika: add 1/2 tsp paprika before searing.

Herb: use dill instead of parsley.

Vegetable: sauté zucchini separately and fold in.

SERVING

Serve in warm flatbread with salad.

STORAGE, FREEZING & REHEATING

Refrigerate promptly in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, counting any previous storage of cooked chicken.

Freeze cooled chicken in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator. Keep fresh salad components separate.

Reheat cooked chicken to 165°F (74°C). Warm sauced dishes gently with a splash of broth; re-crisp coated chicken on a rack in a 375°F (190°C) oven. Keep fresh vegetables and dips separate.

QUICK FAQ

Which chicken cut should I use? Use boneless skinless chicken breast as listed for the stated timing.

How do I know when it is done? Check the thickest part reaches 165°F (74°C).

Can I make it ahead? Refrigerate promptly and follow the storage and reheating instructions; keep coatings, dressings and fresh vegetables separate when practical.