Savory Chicken Recipes

Serves 4 | Difficulty: Easy | Prep: 15 min | Cook: 25 min



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breasts
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 8 oz (225 g) mushrooms, sliced
- 1 onion (150 g), diced
- 2 garlic cloves, minced
- 1 tbsp (8 g) flour
- 1 cup (240 ml) chicken broth
- 1 tsp dried thyme

METHOD

1. Pound chicken to 3/4-inch thickness; season with the salt and pepper.

2. Heat oil in a wide skillet; brown chicken 4 minutes per side and transfer to a clean plate.

3. Soften onion and mushrooms in the pan 7 minutes; add garlic and thyme for 30 seconds.

4. Sprinkle flour over vegetables; stir 1 minute, then gradually add broth.

5. Return chicken and juices; simmer 8-12 minutes until each piece reaches 165°F (74°C). Rest 5 minutes.

Chicken must reach 165°F (74°C) in the thickest portion, checked with a thermometer. Refrigerate leftovers within 2 hours at 40°F (4°C) or below; use within 3-4 days. Reheat to 165°F (74°C).