Simple Chicken Cutlet Recipes with Sauce Recipes

Thin chicken breast cutlets skillet-cooked and served with a light glossy lemon-caper pan sauce.



Prep 10 min | Cook 18 min | Total 28 min | Serves 4

Cooking times are estimates; sauce is finished in the pan after the chicken cooks.

Ingredients

- 1 1/4 pounds chicken breast cutlets / 570 g
- 1 tablespoon olive oil / 15 ml
- 1/4 teaspoon fine salt
- 1/4 teaspoon black pepper
- 1 garlic clove / 3 g, minced
- 1/2 cup chicken broth / 120 ml
- 2 tablespoons lemon juice / 30 ml
- 1 tablespoon drained capers / 9 g
- 1 tablespoon unsalted butter / 14 g

Capers: Drain; rinse if you prefer less brininess.
Sauce: This is a light pan sauce, not a thick cream gravy.
Butter: Add off direct heat to help the sauce stay smooth.

METHOD & KITCHEN NOTES

How to make it

1. Flatten cutlets to 1/4 inch and season with salt and pepper.

2. Heat oil in a wide skillet over medium heat. Cook cutlets about 2 to 4 minutes per side, checking each center for 165°F (74°C). Remove to a clean plate.

3. Reduce heat and stir garlic for 30 seconds. Add broth and capers, scraping the browned bits; simmer 3 to 4 minutes until slightly reduced.

4. Stir in lemon juice, remove from direct heat and swirl in butter until the sauce looks glossy.

5. Return cutlets briefly to coat. If they have cooled, gently reheat to 165°F (74°C), avoiding a prolonged boil.

Doneness & best results

Check every chicken portion with a food thermometer: the thickest center must reach 165°F (74°C). Color alone is not a reliable doneness test. Cooking times vary with thickness and equipment.

Reduce the broth before adding butter. Use a clean plate for cooked cutlets.

Serving & variations

Divide the finished dish evenly among 4 servings. Optional salad, bread, rice or other sides are separate from the listed ingredient quantities.

No capers: Omit them and use a little lemon zest. Dairy-free: Replace butter with 2 teaspoons olive oil; the sauce texture changes.

Store, freeze & reheat

Refrigerate in shallow covered 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. Count from the oldest cooked ingredient; assembling or reheating does not restart its storage clock.

Freeze promptly cooled 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 than the stated quality window.

Reheat covered at 350°F (175°C) with a small splash of water or broth until the chicken center reaches 165°F (74°C). Check several pieces and avoid unnecessary extra cooking.

Recipe online

howtocookchickenrecipes.com/simple-chicken-cutlet-recipes-with-sauce/