Chicken Recioes

Chicken Recioes uses boneless skinless chicken thighs and the stovetop method. Use tomatoes with their juices and lower heat once the sauce simmers.



PREP	COOK	ADDITIONAL	SERVINGS	DIFFICULTY
15 min	**25 min**	**5 min**	**4**	**Easy**

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) salt
- 1/4 tsp black pepper
- 1 small onion (100 g), diced
- 2 garlic cloves (6 g), minced
- 1 can (400 g) chopped tomatoes
- 1 tsp dried oregano

Ingredient Notes

Use tomatoes with their juices and lower heat once the sauce simmers.

Instructions

1. Season chicken with salt and pepper. Heat oil over medium-high heat and brown 4 minutes per side; remove.
2. Soften onion over medium heat 5 minutes, then add garlic for 30 seconds.
3. Add tomatoes and oregano, return chicken, cover and simmer 15–20 minutes until 165°F (74°C).
4. Uncover to thicken sauce if needed. Rest off heat 5 minutes.

Temperature & Doneness

Use a food thermometer to check the thickest chicken meat reaches 165°F (74°C). For stuffed chicken, the filling must also reach 165°F (74°C). Avoid touching bone or the pan.

Key Tips

- Use tomatoes with their juices and lower heat once the sauce simmers.
- Measure ingredients before starting. Keep utensils used for raw chicken separate from cooked food.

Common Mistakes

- Relying only on color or elapsed time.
- Crowding the pan and preventing even cooking.
- Using pieces of very different thickness.

Variations

- Olive: add sliced olives.
- Basil: finish with fresh basil.
- Spicy: add chilli flakes.

Serving

Serve with pasta and a green salad.

Storage & Reheating

Storage: Refrigerate within 2 hours, or 1 hour above 90°F (32°C), in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, including prior storage of any cooked chicken.

Freezing: Freeze cooled portions airtight at 0°F (-18°C) for up to 2 months for best quality. Thaw in the refrigerator. Freeze fresh salad sides separately.

Reheating: Reheat chicken and cooked leftovers to 165°F (74°C). Warm gently in a covered pan with a splash of water or broth; use a 375°F (190°C) oven for crumb-coated chicken. Keep fresh salad sides separate.

FAQs

Which chicken cut should I use? Use boneless skinless chicken thighs as listed; other cuts need different cooking times.

How do I check doneness? Use a thermometer and check the thickest chicken reaches 165°F (74°C).

Can I prepare it ahead? Measure ingredients ahead and refrigerate perishable components; cool and store leftovers promptly.

Food-safety reference: FoodSafety.gov — Safe minimum internal temperatures — https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

Food-safety reference: FoodSafety.gov — Cold food storage chart — https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts