Thin Cut Chicken Breast Recipes

Thin-cut chicken breast makes a quick skillet dinner with oregano and a light broth finish. Cutlets about 1/2 inch thick cook more evenly than whole breasts. Brown them briefly, then check early so the thin edges stay tender.



Prep	Cook	Additional	Total	Servings
10 min	12 min	3 min	25 min	4

Ingredients

- 1 1/2 pounds thin-cut boneless skinless chicken breasts / 680 g
- 1 tablespoon olive oil / 15 ml
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup low-sodium chicken broth / 60 ml

Instructions

1. Check the cutlets and gently flatten uneven areas to about 1/2 inch (1.3 cm). Pat dry and season with oregano, garlic powder, salt and pepper.

2. Heat oil in a wide skillet over medium heat. Arrange chicken in a single layer, cooking in two batches if necessary.

3. Cook for 3 to 4 minutes on the first side, then turn and cook for another 2 to 3 minutes.

4. Begin checking temperature from the side of the thickest area. Remove portions that reach 165°F (74°C).

5. If any thick portions are unfinished, add a tablespoon of the broth, cover briefly, and cook until safe. Transfer all cooked chicken to a clean plate to rest for 3 minutes.

6. Add the remaining broth and simmer for 1 minute, scraping the browned bits. Pour these pan juices over the chicken.

Time, Temperature & Doneness

Cook every chicken portion to 165°F (74°C) in its thickest part. Use an instant-read thermometer; exterior browning, meat color and clear juices are not reliable substitutes. Listed cooking times are estimates and vary with thickness and equipment.

Ingredient Notes & Substitutions

Thickness: Thin-cut packages vary; check the actual cutlets rather than the label alone.

Broth: Use only as much as needed for the short covered finish and pan juices.

Oregano: Italian seasoning can replace it, but check whether the blend contains salt.

Tips for Success

Use medium heat to avoid burning the herbs.

Avoid overlap in the skillet.

Insert the thermometer sideways into thin meat.

Keep the earliest finished cutlets on a clean plate.

Common Mistakes to Avoid

Cooking thin and thick pieces for identical times.

Using high heat until the herbs blacken.

Pouring in all the broth before browning.

Recipe Variations

Paprika version: Replace oregano with 1 teaspoon paprika.

Lemon finish: Stir 1 tablespoon lemon juice into the finished pan juices.

Herb finish: Add 1 tablespoon chopped parsley after cooking.

Serving Suggestions

Serve with couscous, steamed vegetables or a simple salad. Slice leftovers for wraps after chilling promptly.

Storage

Refrigerate cooked leftovers promptly in shallow containers within 2 hours, or within 1 hour when exposed to temperatures above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days.

Freezing

Freeze promptly cooled cooked portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Label with the date and thaw in the refrigerator. Continuous freezing preserves safety longer, but texture can decline.

Reheating

Reheat covered in a 350°F (175°C) oven with a small splash of water or broth until the center reaches 165°F (74°C). Check more than one spot; heat thin pieces only as long as needed.

Frequently Asked Questions

How thin should the chicken be?
About 1/2 inch (1.3 cm) suits this method; thinner pieces need earlier checks.

Can I slice whole breasts myself?
Yes, carefully slice horizontally on a stable board, then flatten uneven spots.

Do I need a lid?
Only for a brief finish if thicker areas are not yet cooked.

How do I keep thin chicken tender?
Check early, remove finished portions individually, and avoid prolonged reheating.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Budget Bytes - skillet chicken technique reference

FoodSafety.gov - safe minimum internal temperatures

FoodSafety.gov - cold food storage chart

FoodSafety.gov - prompt chilling and cross-contamination prevention