



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CHICKEN & PAN SAUCE

Time: 30 minutes

Serves: 2

Ingredients:

1 tablespoon extra-virgin olive oil
2 bone-in chicken breasts with skin
½ teaspoon kosher salt
¼ cup dry white wine
½ cup chicken stock
2 teaspoons fresh lemon juice
1 pinch dried thyme
1 pinch fresh ground black pepper
2 teaspoons butter

Preparation:

Preheat a heavy pan on medium heat, then add the oil.

Season both sides of the chicken breasts with the salt. Once the oil is very hot, put the chicken in the pan skin-side down. Cook with the lid just slightly ajar for six minutes.

Turn over the chicken breasts and turn the heat to low. Cook with the lid just slightly ajar for fifteen minutes or until the internal temperature of the chicken reaches 155F. Remove the chicken from the pan and set it aside to keep warm.

Turn the heat to high. Add the wine, stock, lemon juice, thyme and pepper. Scrape the pan to loosen any caramelized bits. Let the liquid boil until it's reduced by approximately half.

Remove the pan from heat and stir in the butter. Taste the sauce for seasoning and add salt if required.

Plate the chicken with the pan sauce poured over top.

Nutritional Information Per Serving:

Calories: 363
Fat: 24g
Carbs: 0.7g
Fibre: 0g
Protein: 30g