

BASIC PAN SEARED CHICKEN BREAST



DIFFICULTY

EASY



TIME

15 MIN

plus cooking time



SERVES

4

INGREDIENTS

4 each 4-6 oz. boneless chicken breasts, skin on or off; wing bone in or out

1 Tbsp cooking oil (*avocado oil or olive oil*)

Salt & pepper, to season

Any rub or spice (i.e. 1/3 parts cumin, cinnamon, garlic powder)

Optional Salt Brine:

4 cups warm water

¼ cup sea salt

2 Tbsp honey, brown sugar, coconut sugar

12 whole peppercorns (*or 1 tsp black pepper*)

2 tsp garlic, chopped

1 tsp thyme

Pinch of chili flakes (*or 1 tsp Sriracha*)

NUTRITION FACTS PER SERVING

Calories: 294 Fat: 9g (Saturated Fat: 1.3g) Carbohydrates: 1g Fiber: 0.3g Sugar: 1g Protein: 22.7g

DIRECTIONS

1. If using brine, mix brine ingredients together and let it cool for 15 minutes. Submerge chicken in brine and let it sit for at least 45 minutes (and up to 2 hours). Remove from brine and pat dry.
2. Preheat oven to 325 degrees. Heat a medium oven-proof sauté pan on your stove top to medium high.
3. Season both sides of the chicken breasts with salt, pepper and rub.
4. Add oil to pan, place breasts "round" or "presentation side" or "skin side down."
5. Cook over medium high heat for 3-4 minutes. They will become lightly browned.
6. Turn chicken breast over. Turn off the burner and place the pan with chicken in the oven.
7. Cook chicken breast for 2.5 minutes per oz. of chicken (i.e. an 8 oz. chicken will cook for 20 minutes). If you are cooking more than one chicken, determine cook time based on the larger breast.
8. Let chicken rest for 3-4 minutes before cutting.
9. Optional: Top each serving with 1 Tbsp of pesto sauce.



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