

PAN ROASTED CHICKEN AND SHALLOTS



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Bone-in Chicken Breasts, Halved	2 (10 Oz. Each)	Chicken Stock	1 Cup
Oil	1 Tbsp.	Kosher Salt	To Taste
Medium Shallots, Peeled and Cut Lengthwise	4	Freshly Ground Black Pepper	To Taste
Sprigs Fresh Rosemary	2		



PREPARATION

- ✔ Sprinkle both sides of the chicken with salt and black pepper.
- ✔ Heat oil in a pan over medium-high heat.
- ✔ Add the chicken, skin-side down, and cook for 5-7 minutes until golden brown. Flip and cook for another 3 minutes.
- ✔ Place shallots and rosemary in the pan around the chicken.
- ✔ Cook for 2 minutes until the shallots start to soften.
- ✔ Remove the chicken and set aside. Add the chicken stock to the same pan, scraping the bottom of the pan to deglaze.
- ✔ Return the chicken to the pan and reduce heat to low, cover, and let it simmer for 15-20 minutes until the chicken is cooked through.
- ✔ Spoon the sauce over the chicken and enjoy!