

PAN-FRIED HERBED CHICKEN



SERVING SIZE

4



INGREDIENTS

ITEM

Chicken Breasts
Olive Oil
Salt
Pepper
Dried Mixed Herbs

QUANTITY

1 Lb.
2 Tbsp.
1 Tsp.
½ Tsp.
1½ Tbsp.

ITEM

Mushrooms, Sliced
Garlic Cloves, Crushed
Lemon Juice
Chicken Stock Or Broth

QUANTITY

½ Lb.
4
2 Tsp.
1 Cup



PREPARATION

- Season chicken breasts with salt, pepper, and dried herbs on both sides.
- Heat olive oil in a large skillet over medium heat.
- Add chicken and cook for 4-5 minutes per side until golden brown and cooked through. Remove and set aside.
- In the same skillet, add the mushrooms and sauté for 3-4 minutes, until softened.
- Add crushed garlic, lemon juice, and chicken stock. Stir well and simmer for 2-3 minutes to reduce slightly.
- Return the chicken to the skillet and spoon sauce over it. Cook for another 2 minutes until everything is heated through.
- Remove from heat. Serve chicken topped with mushrooms and pan sauce.