

Chicken with Mustard Pan-Sauce. Roasted Broccoli.

Serves 2
Prep Time: 25-30 minutes

This is a quick and easy meal that will leave you wanting more...AND it has sauce!

Shopping List:

Produce

1 bunch broccoli

Grocery

olive oil

1 tsp dried thyme

1 tsp dried rosemary

½ cup chicken stock

½ tsp ground mustard

Refrigerated

2 thin chicken breast cutlets

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½ cup chicken stock

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1. Preheat oven to 425. Combine dried thyme and rosemary in a small bowl to make a quick poultry seasoning. Whisk mustard into chicken stock for the sauce starter. Set both aside.
2. On a baking sheet, toss broccoli with olive oil, salt & pepper. Roast for 10 minutes, then flip and roast another 5-10 minutes.
3. Meanwhile, pat the chicken cutlets dry and sprinkle both sides with salt and poultry seasoning. Heat a small amount of oil in a nonstick skillet over medium heat. Cook chicken about 5 minutes per side, or until fully cooked, and golden brown.
4. When chicken is done, remove from skillet and add sauce starter and a few tablespoons of water to hot skillet to "deglaze." Simmer a minute or so until the sauce is reduced.
5. Slice chicken and spoon a little sauce over each portion. Serve with roasted broccoli.

Cooks Tips:

- Not all chicken stocks are created equal – look for one with as few ingredients and preservatives as possible. Or, even better, make your own! Just simmer some bone-in chicken pieces, onion, and carrot in some water for a couple hours, strain out the solids, and you have fresh chicken broth.