



FOOLPROOF TENDER BONELESS CHICKEN BREASTS TECHNIQUE

It's easy as 1, 2, 3!

SERVES: 4

PREP TIME: 5 minutes

COOKING TIME: 22 minutes

You can use any spices of your liking, or marinade.

4 boneless skinless chicken breasts

1. Pre-heat the pan, add a little oil such as avocado as it has a high smoke point.
2. Sear chicken breasts on one side for one minute.
3. Flip and sear one more minute on the other side.
4. Reduce heat to medium low, cover pan and simmer for 10 minutes.
5. Turn heat off, keeping the lid on, do not peek. Keep on hot burner for 10 minutes more.

There you have it! Perfect, juicy chicken breasts that you can add as a side to any vegetable or grain dish. I love it on my salads as well.

I have tried so many variations of spices – Montreal Chicken Spice, Curry, Cumin, Mediterranean Sea Salt, Lemon Pepper, Cajun Seasoning or Marinades. It all works.

If chicken breasts are very thick, place in zip-lock bag and pound down to a thinner, more even thickness, but not too thin. I've used a rolling pin or a heavy pot.

Warning! Just be careful where you aim so you don't damage, crack or break something – and watch those fingers!