



EASY SAUTÉ CHICKEN

INGREDIENTS

- 4 to 6 pieces of chicken
- Salt to pre-season
- 1 tablespoon olive oil
- 25 grams (0.9 oz) unsalted butter
- A few twigs of thyme (optional)
- Pinch of pepper
- 50 ml (1.7 fl oz) dry white wine
- 1 medium sized lemon (half for the sauce and the other half to squeeze over the chicken at the end)
- 1 tablespoon chopped parsley

PROCEDURE

1. Pre-season the chicken pieces with salt.
2. Heat the oil and butter in a pan on medium heat.
3. Once the butter has melted, place the chicken pieces into the pan and cook medium heat for up to 12 minutes on the first side. Then turn the pieces over (the first side should be well browned).
4. Add some sprigs of thyme to the pan, and from time to time, baste the chicken pieces with the butter to avoid them drying out.

5. Continue cooking the chicken pieces until they are cooked through – their core temperature should be at least 70C (165F).
6. Transfer the chicken to a tray, sprinkle with pepper and cover with foil to keep them warm.
7. To make the jus, add the shallots to the juices in the pan and cook for 1 minute on medium to high heat. Then pour in the wine and deglaze for another minute before stirring in the lemon juice along with any residual juice from the resting chicken pieces.
8. Place the chicken pieces into a dish and cover with the jus.
9. Sprinkle with parsley and a squeeze of lemon juice from the remaining lemon.