

Pan Seared Chicken Breast - White Wine Herb Sauce

INGREDIENTS

- 10 Ea Chicken Breasts
- Salt & Pepper
- 1 tsp Garlic Powder
- 3 tbsp Olive Oil

SAUCE

- 1 cup white wine
- 3 cup Chicken Broth
- 2 tsp Fresh Chopped Herbs (Thyme, Rosemary)
- 4 tbsp Cream 35%
- Salt & pepper



FOR GARNISH

- Fresh Parsley

PREPARATION

1. Season chicken breasts with garlic powder, salt & pepper, olive oil
2. Heat a large skillet to medium/high heat.
3. Place Chicken breasts in the hot skillet.
4. Cook 4-5 minutes a side until golden. Remove from pan. Set aside.
5. Return pan to med/high heat. Deglaze with white wine and reduce by half.
6. With a wooden spoon scrape up bits from bottom of pan.
7. Add Chicken stock and reduce by half.
8. Add fresh herbs, cook for 2-3 minutes.
9. Add cream and chicken breasts back to pan.
10. Reduce heat slightly & cook until chicken is cooked through 165c
11. Adjust sauce consistency and seasoning as required.