

tasty Recipe

One-Pan Creamy Cilantro Lime Chicken

INGREDIENTS

8 chicken breasts (halved and pounded to 1/2-inch thickness)

Ground cumin

Salt & pepper

Paprika

Chili powder

2 tsp. olive oil

2 tbsp. unsalted butter

2 cloves garlic (smashed and minced)

1/2 c. diced red onion

1 c. low sodium chicken broth

1 medium lime - zest and juice (about 2 tbsp.)

1 tbsp. light brown sugar

1 tsp. dijon mustard

3 tbsp. heavy cream

1/4 c. chopped fresh cilantro, plus more for serving

Salt to taste



INSTRUCTIONS

- Heat a large skillet over medium-high heat.
- Season both sides of the chicken breasts with salt, pepper, paprika, chili powder, and cumin. Enough to cover the surface of the chicken breasts.
- Add oil and butter to the pan and allow butter to melt. Add the chicken and cook for 4 minutes on each side, working in batches. Set aside.
- Reduce the heat to medium-low and add onions to the pan. Cook about five minutes, or until soft and then add garlic. Cook until fragrant (about 1 minute). Add the broth, brown sugar, lime juice, zest, and Dijon mustard to the pan. Stir occasionally, scraping the bottom of the pan to unstick any fond.
- Add heavy cream and cilantro to the pan and stir to combine. Put chicken back into the pan and spoon sauce over the top. Cook until chicken is white throughout, and juice runs clear. About 5-7 minutes.
- Plate and garnish with cilantro.

