

Chicken with Creamy Cilantro Lime Sauce

Made in one pan, chicken with creamy cilantro lime sauce is tender chicken in a rich, tangy sauce. Serve this weeknight-friendly meal over rice or with tortillas to soak up the flavorful sauce.

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5 from 2 votes

Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

Course: Main Dish Cuisine: Tex Mex

Keyword: one pan meal, one skillet meal, skillet chicken Servings: 4 Calories: 269kcal

Author: Jess Smith via Inquiring Chef Cost: \$7.50

Equipment

- Skillet

Ingredients

- 1 lb Boneless, Skinless Chicken Breasts, halved lengthwise if large
- 3/4 tsp Salt
- 1/2 tsp Black Pepper
- 2 Tbsp Fresh Lime Juice
- 1 Tbsp Fresh Chopped Cilantro
- 2 Tbsp Cooking Oil
- 2 Tbsp Butter
- 3 cloves Garlic, chopped
- 1/2 tsp Ground Cumin
- 2 tsp All-Purpose Flour (optional, see note)
- 1/2 cup Low-Sodium Chicken Stock
- 2 tsp Honey
- 1 8oz container Creme Fraiche (about 1 1/2 cups; see note)
- Rice or tortillas, for serving (optional)

Instructions

1. If the chicken breasts are large / thick, slice them in half lengthwise to thin. Season the chicken on both sides with salt and pepper.
2. Combine lime juice and cilantro. Set aside (to add at the end of cooking).
3. Heat a large skillet over medium-high heat. Add oil and swirl to coat the bottom of the pan.
4. Transfer chicken to the hot pan. Cook on both sides until deep brown and cooked through, 5 to 8 minutes (depending on thickness). Remove chicken from the pan and set

aside.

5. Reduce heat under the skillet to low-medium and add butter. When butter melts, add garlic, ground cumin, and flour. Stir until garlic is fragrant and no dry spots of flour remain, about 1 minute.
6. Pour stock into pan, scraping up any browned bits on the bottom. Simmer for 1 minute.
7. Whisk in honey and creme fraiche. Continue cooking sauce, stirring occasionally, until thick, about 2 minutes.
8. Remove pan from heat and whisk in lime juice and cilantro.
9. Return chicken to the skillet and spoon sauce over top.
10. Serve over rice and / or with tortillas on the side for soaking up sauce.

Notes

Creme Fraiche- Creme Fraiche is a creamy, sour dairy product that is similar to sour cream but has a much thicker texture. Look for it in the dairy section, often near other soft, specialty cheeses (like ricotta, mascarpone, or perhaps near the goat cheese and fresh mozzarella). If you can't find creme fraiche, you can make this recipe with sour cream, but do not cook the sour cream over direct heat (it may separate).

Flour - For a gluten-free version you can skip the flour. A bit of flour helps to thicken the sauce more quickly, but you'll still have a creamy, rich sauce without the flour.

Nutrition

Calories: 269kcal | Carbohydrates: 6g | Protein: 25g | Fat: 16g | Saturated Fat: 5g | Cholesterol: 88mg | Sodium: 628mg | Potassium: 454mg | Fiber: 1g | Sugar: 3g | Vitamin A: 211IU | Vitamin C: 4mg | Calcium: 10mg | Iron: 1mg