

# Pan-Roasted Chicken Breasts



These chicken breasts are fast, easy, and delicious. By 'pan-roasting,' you can easily monitor the internal temp. Leaving the skin on adds a lot of flavor and much needed moisture.

By Chef John

**Prep:** 5 mins

**Cook:** 12 mins

**Total:** 17 mins

**Servings:** 4

**Yield:** 4 servings



## Ingredients

4 boneless chicken breast halves with skin

salt and freshly ground black pepper to taste

1 tablespoon chopped fresh herbs (thyme, parsley, rosemary) (Optional)

2 tablespoons olive oil

¼ cup apple cider vinegar

4 tablespoons cold butter, cut into small pieces

1 tablespoon chicken broth (or water), if needed to thin sauce

## Directions

### Step 1

Season chicken on both sides with salt and pepper.

### Step 2

Heat olive oil in a heavy skillet over medium-high heat until it starts to shimmer. Place chicken breasts in skillet skin side down. Sprinkle with fresh herbs. Do not disturb the breasts until the skin side sears, 5 or 6 minutes. Turn chicken.

### Step 3

Cook until internal temperature reaches 150 degrees F, about 5 minutes. Add vinegar and butter to pan with chicken. Shake pan gently until butter melts and internal temperature of chicken reaches 160 to 165 degrees F, 2 to 3 minutes more. Add a splash of chicken broth or water if sauce needs to be thinned.

## Cook's Note:

I used apple cider vinegar here, but literally any vinegar will work. Some of my favorites are sherry, balsamic, rice, and champagne vinegar.

## Nutrition Facts

**Per Serving:** 462 calories; protein 45.1g; carbohydrates 0.3g; fat 30g; cholesterol 157.2mg; sodium 243.5mg.