

Chicken Breasts with Chipotle Green Onion Gravy



This delicious chicken recipe includes a simple exercise in pan gravy perfection. If I only had one day to teach someone how to cook, you better believe this archetypal sauce recipe would be one of the first things I'd demonstrate.

By Chef John

Prep: 5 mins

Cook: 15 mins

Total: 20 mins

Servings: 2

Yield: 2 servings



Ingredients

2 skinless, boneless chicken breast halves

salt and fresh ground pepper to taste

1 tablespoon olive oil

2 tablespoons butter

1 tablespoon all-purpose flour

$\frac{3}{4}$ cup chicken broth

2 tablespoons minced green onions

$\frac{1}{2}$ teaspoon chipotle chile powder, or more to taste

Directions

Step 1

Place chicken breast halves between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound chicken with the smooth side of a meat mallet to a thickness of $\frac{1}{2}$ -inch. Season with salt and pepper to taste.

Step 2

Heat olive oil in a skillet on high heat until it begins to shimmer, about 1 minute. Reduce heat to medium; cook chicken breasts until browned and no longer pink inside, about 5 minutes per side. Transfer cooked chicken to a warm plate and loosely cover with aluminum foil.

Step 3

Melt butter in the skillet; stir in flour and cook for about 2 minutes. Stir in chicken broth, scraping up any browned bits from the bottom of the pan; cook and stir until gravy begins to simmer and thicken, 1 to 2 minutes.

Step 4

Stir in green onions and chipotle chile powder.

Step 5

Return chicken breasts to the skillet and cook until heated through, 1 to 2 minutes.

Cook's Note:

May substitute chicken stock for chicken broth. For thinner gravy, add more broth or stock.

Nutrition Facts

Per Serving: 333 calories; protein 28.3g; carbohydrates 4.1g; fat 22.2g; cholesterol 103.9mg; sodium 187.7mg.

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