



# CHICKEN WITH BROWN BUTTER SAUCE

**SERVES: 2**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

150g chicken breast (2 pieces)  
Sea salt & cracked pepper  
40g all purpose flour  
1 tbsp olive oil  
60g butter  
2 tsp fresh thyme leaves  
1 garlic clove, minced

## INSTRUCTIONS

Start by cutting each chicken breast in half lengthways (to make the pieces thinner)

Season well with salt & cracked pepper.

Place flour in a bowl and dredge each chicken breast in the flour.

Add the olive oil and half the butter to a large skillet set over medium-high heat. Allow the butter to melt a little, then add the chicken and cook for 3 minutes per side, or until cooked through. Transfer chicken to a plate and cover with aluminum foil.

Add the remaining butter to the same skillet, and again, allow it to melt before adding the thyme leaves and garlic. After 2-3 minutes the butter should begin to brown and bubble a little.

Reduce the heat right down, add the chicken back to the skillet and just allow the chicken to heat through.

Transfer to two pallets and serve immediately.

### MACROS PER PORTION

CALORIES	451	PROTEIN	25
CARBS	15	FATS	33
FIBRE	1		