



The Missing Ingredient Catering

Chef Paul Austin

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Pan Seared Rosemary Chicken Breast

Ingredients

Chicken Breast 2, 4-5 oz pieces

Rosemary 1 oz

Garlic 1 oz

Salt and pepper to taste

Canola oil 1 1/2 tablespoons to sear chicken

Cremini Mushrooms quartered

Cherry tomatoes whole

1 tablespoon Canola oil

2 oz low sodium chicken stock

Remove any fat and rinse chicken breast pat dry place in bowl

Fine chop garlic and rosemary. Add to chicken breast mix well with salt and pepper.

Let it stand 5 minutes Heat pan to med high add 1 1/2 tbsp oil.

When hot, place chicken Smooth side down and sear 6 minutes, on each side or until done without burning pan. Plate.

In separate pan, med high heat 1/2 tbsp hot and sauté until blistered remove put to side.

In same hot pan add 1/2 tbsp oil, sauté mushrooms until brown, deglaze with chicken stock. Add tomatoes for 30 seconds and place on top of chicken.