

APPLE CIDER GARLIC BUTTER CHICKEN

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COOK TIME: 40mins

SERVES: 4

CALORIES: 552 kcal (PER SERVING)

INGREDIENTS

4 small chicken breasts or 2 large, sliced horizontally
2 apples like Pink Lady, cut into 12 wedges
100 g/4 oz pancetta
4 garlic cloves, minced
1 tbsp oil
2 tbsp unsalted butter
1 tbsp flour
1 cup apple cider
1 tsp balsamic vinegar
1 tsp dark soy sauce
1 tsp whole grain mustard
10 sprigs oregano
1 tsp each: salt, black pepper, dried thyme, dried oregano, sweet paprika
1/4 tsp crushed red pepper flakes, more to taste

DIRECTIONS

Get all the prep done before you start cooking: mince the garlic, tear up pancetta in large pieces, cut apples into 10-12 wedges and slice off the core. Season chicken with salt, pepper and sweet paprika.

Heat a large non-stick skillet over medium heat and add oil and 1 tbsp butter. Cook pancetta until crispy, about 3 minutes. Remove from skillet leaving the pancetta grease in the skillet.

Add chicken and cook over medium high, about 8-10 minutes per side or until fully cooked and browned on both sides. This can vary with the size of your chicken breasts. Remove from skillet and place on a clean plate. Cover with foil.

Add apples, place in a single layer and cook until golden brown and crisp-tender, about 3 minutes per side. Remove from skillet.

Melt the remaining butter and reduce heat to very low, add garlic, cook for about 2 minutes. Add flour and stir to incorporate. Pour in apple cider, stir and scrape up the brown bits on the bottom of the skillet with a wooden spoon. Bring to a boil and stir in mustard, soy sauce, balsamic vinegar, and the remaining spices. Simmer for 5 minutes, or until the sauce starts to thicken.

Add chicken and simmer for 3 minutes or until chicken is heated through. Top with oregano and pancetta. Adjust salt and black pepper. Sprinkle with extra chili flakes, if desired. Serve!

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