

Chicken in White Wine Lemon Butter Sauce

This quick and easy recipe is a restaurant-quality meal you can have on your table in 20 minutes.

Ingredients:

8 ounces egg noodles or pasta of choice, cooked to package directions
4 small boneless, skinless chicken breasts
Salt and pepper
Cooking spray or olive oil
1/4 cup (57g) butter salted or unsalted is fine

2 large garlic cloves pressed or minced
1 cup low-sodium chicken broth
1 cup dry white wine
2 tablespoons to 1/4 cup fresh lemon juice
Minced parsley optional for garnish

Directions:

While your pasta water boils, generously salt and pepper both sides of your chicken breasts. Heat a large skillet over medium-high heat and lightly grease with cooking spray or a drizzle of olive oil. Add chicken breasts to the pan and cook until the first side is well-browned, 2 to 3 minutes. Flip and repeat with the second side. Remove skillet from heat and transfer chicken to a plate. Give the skillet a minute to cool down slightly and then return it to the burner and heat over medium heat. Add butter and once butter has melted, add garlic. Cook, stirring occasionally, until garlic is golden and aromatic, 30 seconds to 1 minute. Be careful not to allow the garlic to burn. Immediately stir in chicken broth, white wine, and lemon juice and bring to a low simmer. Return chicken breasts to the pan and simmer, flipping once, until an instant-read thermometer inserted into the center of the chicken breasts reads 165°F, about 3 to 5 minutes per side. Transfer chicken breasts to a cutting board and allow them to rest for 5 minutes before slicing into strips. Add salt and pepper to the pan sauce to taste. Serve sliced chicken breasts over cooked pasta and spoon pan sauce over the top. Garnish with chopped parsley if desired and enjoy!

