

# **Pan-Seared Chicken Breasts**

## **BONELESS CHICKEN BREASTS**

Slice Chicken breasts in half. When I say half, I mean depth of chicken (full length sliced in half). This makes pieces thinner for cooking to ensure that they are done. 1/2" maximum thickness.

**SALT**

**PEPPER**

**WEBER STEAK N CHOP**

**1 CUP ALL-PURPOSE FLOUR**

Season breasts with salt, pepper, & steak n chop on one side well. Place flour in shallow pie plate. Lightly dredge each breast on each side with flour. LIGHTLY!

**SKILLET**

**3 TBSP SALTED BUTTER- MEDIUM SKILLET**

**3 TBSP SALTED BUTTER &**

**3 TBSP OLIVE OIL - LARGE**

Heat skillet on medium heat. Once hot, add butter/oil and turn element up to medium-high. Add chicken breasts moving them around in skillet so all have butter on them. Cook 3 minutes per side. Set timer to ensure cooking time.

Take out of skillet and place on platter let it rest 5 minutes before carving. Slice into 1/4" slices and serve with favorite sides.

**CAUTION:** Cooking time is for chicken no thicker than 1/2". Must cut chicken thin for this recipe. **Do Not Overcook** or chicken will be dry.