

Chicken Breast with Creamy Mustard Sauce

Ingredients:

- 1 chicken breast
- Salt
- Pepper
- Olive oil

Equipment:

- Cutting board
- Sharp knife
- Skillet or frying pan
- Spatula
- Plate
- Paper towels

Preparation:

- Begin by washing your hands thoroughly with soap and water.
- Make sure your chicken breast is thawed if it was in the freezer.
- Place all your ingredients and equipment on the kitchen counter.

Butterfly the Chicken Breast:

- Place the chicken breast on the cutting board.
- Hold the chicken steady with one hand. With your other hand, use the knife to slice the chicken breast at the halfway mark horizontally, but don't cut all the way through; stop just before it fully splits into two pieces. Your goal is to get it split evenly in half so that both halves are the same thickness.
- Open up the chicken breast like a book. This is what we call 'butterflying'. It helps the chicken cook evenly and faster.
- Put the chicken between parchment, plastic wrap or in a Ziplock bag and roll it out just a bit, to make sure it's all one thickness.

Season:

- Sprinkle both sides of the chicken with a pinch of salt and pepper.
- Remember, you can always add more later, so it's better to use less at first.

Sauté:

- Drizzle some olive oil into the skillet and warm it up over medium heat.
- Once the oil is hot, carefully place the chicken breast in the skillet.
- Cook the chicken for about 4-5 minutes on one side. You'll know it's time to flip when it's golden brown.
- Use the spatula to flip the chicken over. Cook for another 4-5 minutes on the other side.
- The chicken is done when it gets to an internal temperature of 175F.

Finish and Serve:

- Transfer the chicken to a plate and let it rest for a few minutes. You can cover it in foil to keep it warm but don't seal it in.

- You can now use this pan with any seared chicken and any remaining oil as a start to your sauce. Pouring some chicken stock in the pan will help you "deglaze" it and get all the caramelized yummy bits off the bottom of the pan.
- Use this time to clean up your cooking area and wash any used utensils, being sure to sanitize anything that came into contact with the raw chicken.
- Enjoy your deliciously cooked chicken breast with your favourite side dish!

Safety Tips:

- Always be careful when using a knife. If you're not confident, ask an adult for help.
- Be mindful of the hot oil and skillet.
- Never leave the stove unattended while cooking.