

Treasure Barrel

# Brown Sugar Garlic Chicken Breasts

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| **15 min**<br>Prep time | **20 min**<br>Cook time | **35 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Chicken Prep

- [ ] 4 boneless skinless chicken breasts
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1 tsp smoked paprika

### Glaze & Searing

- [ ] 2 tbsp olive oil
- [ ] 3 garlic cloves, minced
- [ ] 1/4 cup packed light brown sugar
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp honey
- [ ] 1/4 cup chicken broth

## Instructions

1. Start by patting your 4 boneless skinless chicken breasts dry with some paper towels; it's the little things, but it really helps the sear. Season both sides simply with salt, pepper, and smoked paprika.

2. Heat the 2 tbsp olive oil in a large skillet over medium heat. Once it's shimmering—that's how you know it's ready—add the chicken breasts skin-side down. Let them sear for about 5 minutes until they're a lovely golden brown and just a bit crispy.

3. Now, flip the chicken over. This is the perfect time to toss in those 3 garlic cloves, minced; just cook them for about 30 seconds until they smell wonderful, then sprinkle in the 1/4 cup packed light brown sugar and 2 tbsp soy sauce.

4. Pour in the 1 tbsp honey and 1/4 cup chicken broth, giving it all a good stir. Lower the heat to medium-low and let the sauce simmer and coat the chicken for 10 minutes. I like to baste them occasionally so they're fully covered.

5. Check that the glaze has thickened up and use a meat thermometer to make sure the internal temperature has reached 165°F (74°C). If the sauce isn't quite glossy yet, just lower the heat a touch and simmer a few more minutes.

6. Take the skillet off the heat. Spoon that remaining sauce right over the chicken breasts; it keeps them moist and gives them that beautiful, shiny finish.

7. Wait and let the chicken rest for 3 minutes. I know it's tempting, but letting the juices redistribute makes such a difference.

8. Plate your breasts and drizzle any leftover glaze from the pan over the top. Wow, it looks professional, doesn't it?

9. For a little pop of color, garnish with some chopped fresh parsley or sliced scallions.

10. Serve these immediately with whatever sides you've picked out for a full, comforting meal.

## Nutrition per serving

| 380 kcal | 38 g | 22 g | 14 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- The glossy finish comes from the reduction of honey and brown sugar.
- Patting the chicken dry is essential for achieving a golden sear.
- Basting the chicken during the last 10 minutes ensures an even glaze.