

Treasure Barrel

# Morton's Chicken Copycat – Easy Chicken Breast Recipe

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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 Coating

- [ ] 4 boneless, skinless chicken breasts (about 6 oz each)
- [ ] 1 cup all-purpose flour
- [ ] 1/4 cup grated Parmesan cheese, divided
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon onion powder
- [ ] 1 teaspoon kosher salt
- [ ] 1/2 teaspoon freshly ground black pepper

### Pan Searing and Sauce

- [ ] 3 tablespoons unsalted butter
- [ ] 2 tablespoons olive oil, plus extra for cooking
- [ ] 3 cloves garlic, minced
- [ ] 1 cup low-sodium chicken broth
- [ ] 1 cup heavy cream
- [ ] 1 tablespoon fresh thyme leaves, chopped
- [ ] 1 pinch crushed red pepper (optional)

### Garnish

- [ ] 2 tablespoons chopped fresh parsley, for garnish

## Instructions

1. Start by patting those chicken breasts dry with some paper towels. I mean, really get them dry; it makes such a difference. Then, just season both sides lightly with a bit of salt and pepper.
2. In a large mixing bowl, whisk together your all-purpose flour, 1 tablespoon of that grated Parmesan cheese, garlic powder, onion powder, 1 teaspoon kosher salt, and the freshly ground black pepper. It should look nice and evenly mixed.
3. Gently dredge each chicken breast in the flour mixture. Just tap off any excess with your fingers, so they're only lightly coated. We want a crust, not a cake, yeah?
4. Heat 2 tablespoons olive oil in your large skillet over medium-high heat. Add the chicken and cook for 4–5 minutes per side. Once they're golden brown and the internal temperature hits 165°F, move them to a plate and tent them loosely with foil. Let them rest a bit.
5. Lower the heat to medium and melt the unsalted butter right in that same skillet. Once it's bubbly, stir in the minced garlic. Just cook it for about 30 seconds until it smells wonderful.
6. Pour in your low-sodium chicken broth and heavy cream, stirring it all together. Bring it to a gentle simmer and let it reduce for about 3–4 minutes. You'll notice it starts to thicken up a bit.

7. Stir in the remaining 1/8 cup grated Parmesan cheese and the fresh thyme leaves. Now, taste it—add a bit more salt, pepper, or maybe that pinch of crushed red pepper if you're feeling adventurous.

8. Return those rested chicken breasts to the skillet. Spoon that lovely sauce over each piece and let them simmer together for about 2 minutes so the flavors really sink in. Then, just remove them from the heat.

## Nutrition per serving

| 540 kcal | 46 g | 14 g | 32 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- Patting the chicken dry is a small step, but it's the secret to a better sear.
- Tenting the chicken with foil prevents them from cooling too quickly while you make the sauce.
- Using a medium-high heat for the initial sear ensures a golden crust without overcooking the middle.