

## Perfect Chicken Breast

### Ingredients

1 tsp good quality olive oil  
1 tsp organic, pasture-raised butter  
Organic, pasture-raised chicken breast or chicken breast tenders  
Salt/pepper/spices to taste

### Preparation

1. Pre-heat oven or toaster oven to 375F
2. Heat olive oil in a thick-bottom pan on medium heat. When oil is hot, add in the butter.
3. Season chicken with salt/pepper/spices and gently place into the pan
4. Roast in the pan for 2-3 minutes or until it develops on a crispy, golden skin. Flip and roast 2 minutes more on the other side.
5. Transfer the chicken to a baking dish and put in the oven for 5-10 minutes, depending on thickness

### Notes

It really helps to bring the chicken to room temperature before cooking. Simply take it out of the fridge 30-60 minutes prior. If the chicken is cooked straight from the fridge, it doesn't cook through quickly and instead it dries out.

If the chicken breasts/tenders are thin (under ½"), you may not even need to transfer to the oven. You can cook it straight in the pan at about 4 minutes per side, provided the chicken is at room temperature.

To get the chicken to develop a nice crust and seal in the moisture, you need to use a good quality stainless steel pan. Do not use non-stick. Make sure the butter/oil are hot before placing the chicken in the pan. Otherwise, the chicken will stick to the pan.