



Chicken Breasts with Mustard-Cream Sauce



Ingredients:

- 4 (6-8 ounce) boneless, skinless chicken breasts, trimmed
- 1 ¼ tsp salt, divided
- 1 tsp pepper
- ½ cup all purpose flour
- 3 TBLS unsalted butter, divided
- 2 shallots, minced
- 3 cloves garlic, minced
- ¾ cup heavy cream
- 2-3 TBLS Dijon mustard
- 2 tsp chopped fresh tarragon

Method:

1. Using a meat pounder, gently pound thickest part of each breast to ¾-inch thickness between 2 pieces of plastic wrap. Sprinkle chicken with 1-teaspoon salt and pepper.
2. Place flour in shallow dish. Working with 1 breast at a time, dredge lightly in flour, shaking off excess; transfer to plate.
3. Melt 2 tablespoons butter in 12-inch nonstick skillet over medium heat. Add chicken and cook until lightly browned, 4 to 6 minutes per side. Return chicken to plate.
4. Add shallots, garlic, remaining ¼-teaspoon salt, and remaining 1-tablespoon butter to now empty skillet and cook until shallots are softened, about 3 minutes. Stir in cream and return chicken to skillet.
5. Reduce heat to medium-low; cover and cook until chicken registers 160 degrees, 5 to 8 minutes. Transfer chicken to serving platter. Whisk 2 tablespoons mustard and tarragon into cream sauce, then season with salt, pepper, and remaining mustard to taste. Spoon sauce over chicken. Serve.