

Mustard Pan-Seared Chicken with White Wine Sauce

A flavorful pan sauce for chicken breast infused with tangy mustard and white wine.


25 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast
- 1 tablespoon olive oil
- Salt and pepper to taste
- 2 tablespoons Dijon mustard
- 1/4 cup white wine
- 1/2 cup chicken broth
- 1 tablespoon butter

Steps

- 1 Season the chicken breast with salt and pepper.
- 2 Heat olive oil in a skillet over medium-high heat.
- 3 Sear the chicken breast until golden brown and cooked through, about 5-6 minutes per side.
- 4 Remove the chicken from the skillet and set aside.
- 5 In the same skillet, add Dijon mustard, white wine, and chicken broth.
- 6 Simmer the sauce until slightly reduced, about 3-4 minutes.
- 7 Stir in butter until melted and well combined.
- 8 Return the chicken to the skillet, spoon sauce over the chicken, and cook for an additional 2 minutes.
- 9 Serve hot and enjoy!