

Recipe

Chicken with Mustard Cream Sauce

Ingredients

- 4 boneless skinless chicken breast halves
- 2 tbsp olive oil
- salt and pepper, to taste
- 1/4 cup chicken broth
- 1/2 cup heavy cream
- 2 tbsp Dijon mustard
- 1 tsp dried tarragon or oregano

Instructions:

1. Add olive oil to a large skillet and preheat over medium-high heat.
2. Season chicken breasts with salt and pepper.
3. Add chicken to skillet and saute until cooked through, about 10-12 minutes, turning once. Transfer to a plate and keep warm.
4. Pour chicken broth into hot skillet.
5. Whisk in the cream, mustard and tarragon or oregano. Cook and stir for about 2 minutes.
6. Pour sauce over chicken and serve.