

Apple Cider Chicken



Method:-

Ingredients:-

500gm boneless, skinless chicken breasts, trimmed
½ teaspoon salt
½ teaspoon ground pepper
2 tablespoons extra-virgin olive oil
2 medium Granny Smith apples, peeled and thickly sliced
¼ cup finely chopped shallots
1 teaspoon dried thyme
½ cup apple cider
½ cup unsalted chicken broth
1 tablespoon reduced-fat sour cream
1 tablespoon chopped fresh parsley

- Season chicken with 1/4 teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, flipping once, until browned, about 3 minutes per side. Remove chicken from skillet and set aside.
- Reduce heat to medium. Add the remaining 1 tablespoon oil, apples, shallot and thyme to the pan. Cook, stirring, until softened, 2 to 3 minutes. Add apple cider and broth; bring to a simmer. Cook until slightly thickened, about 3 minutes.
- Return the chicken and any accumulated juices to the pan; adjust heat to maintain a simmer. Cook until the thickest part of the chicken is cooked through. Transfer the chicken to a platter. Stir sour cream, parsley and the remaining 1/4 teaspoon each salt and pepper into the sauce. Spoon the sauce over the chicken.