

Helergon Kitchen

Brown Sugar Garlic Chicken Breasts

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts (about 1.5 lb total)
- [ ] 1/3 cup dark brown sugar (unsifted)
- [ ] 2 teaspoons olive oil
- [ ] 1 tablespoon butter
- [ ] 1/4 teaspoon black pepper
- [ ] 1/8 teaspoon sea salt (optional)

The Sauce

- [ ] 3 tablespoons low sodium soy sauce
- [ ] 1 tablespoon honey
- [ ] 1 tablespoon Dijon mustard
- [ ] 2 cloves garlic, minced
- [ ] 1 teaspoon fresh ginger, grated (optional)
- [ ] 1 tablespoon lemon juice

Garnish

- [ ] Chopped fresh parsley, for garnish

Instructions

1. First things first, pat those chicken breasts dry with some paper towels. It's a small step, but it really helps. Season each side with sea salt and black pepper, then just sprinkle a thin layer of dark brown sugar over both sides. Honestly, it's like giving the chicken a little sweet blanket.
2. In a small bowl, whisk together your low sodium soy sauce, honey, Dijon mustard, minced garlic, grated ginger (if you're using it), and lemon juice. Just stir it until everything is nice and smooth.
3. Heat the olive oil in a large skillet over medium high heat. Once it's shimmering, add the chicken breasts. Sear them for 3 4 minutes on each side. You're looking for a lovely golden brown color, and they should be almost cooked through.
4. Now, turn the heat down to medium. Pour that sauce mixture right over the chicken and let it come to a gentle simmer. Go ahead and cover the pan with a lid; it just helps the sauce thicken up properly.
5. Stir in the butter and let it melt into the sauce, coating the chicken. Cook for another 3 4 minutes. The sauce will turn into a gorgeous glossy glaze, and the chicken should reach 165°F (74°C).
6. Take the skillet off the heat and let the chicken rest for 3 minutes. I know it's tempting to dive in, but this helps the juices stay inside.
7. Slice your chicken breasts against the grain, or just serve them whole if that's how you like it.

8 Finish it off with some chopped fresh parsley and serve it up immediately while it's warm and wonderful.

Nutrition per serving

385 kcal	38 g	22 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is the secret to getting that golden crust.
- Resting the meat for a few minutes keeps it from drying out.
- The glaze thickens beautifully once the butter is stirred in.