

## **CHICKEN BREAST FILLET COOKING TIME**

- 2 chicken breast fillets, with or without the skin
- 1 tbsp olive oil

1. Chicken breasts will cook more evenly if they're of an even thickness, so put each one on a board, cover with some cling film and flatten the fattest part slightly with a rolling pin or the base of a saucepan. Take off the cling film and season well.
2. Heat the oil in a frying pan then add the chicken breasts (skin-side down, if they have skin) and cook for 2-3 minutes or until browned. Then turn over, cover and cook on the other side for 7-8 minutes or until cooked through. Check the inside is cooked by poking in the end of a sharp knife - the juices should run clear. If not, keep cooking for another minute and check again. Rest for 5 minutes before serving so the juices can be reabsorbed and the chicken will be juicy.

## **CHICKEN BREAST QUARTER COOKING TIME**

**Bake in preheated oven until chicken meat is no longer pink at the bone and the juices run clear, 45 to 60 minutes. An instant-read thermometer inserted in the thickest part of the breast meat should read 165 degrees F (75 degrees C).**