

# Chicken Breasts with Zola's French Pan Sauce



**Plan Z Phase:** This is a Z2 (ZReduction) recipe. This is my favorite new creation. I think I have made this three times in the last two weeks and that's pretty much a record for me. This dish is easy and it tastes fancy!

**Servings:** Serves 2. Can be doubled easily.

## Ingredients:

- 2 skinless chicken breast halves
- $\frac{1}{4}$  tsp of grated sea salt (or to taste)
- $\frac{1}{4}$  tsp of grated black pepper (or to taste)
- $\frac{1}{2}$  cup of organic chicken broth or stock
- 4 tsp of Dijon mustard
- $\frac{1}{4}$  tsp of dry tarragon (you can add more tarragon for a stronger flavor but tarragon is pretty strong in small quantities so factor that in)
- $\frac{1}{4}$  cup of heavy cream

## Instructions:

Preheat oven to 375 degrees.

Spray your chicken breasts lightly with olive oil spray and then grate on salt and pepper. Heat a sauté pan and put them in top down. Saute on medium for 3 minutes or until you get a light brown crust forming.

Now you are going to put them in the oven to roast. Make SURE YOU HAVE THEM IN A HEAT PROOF PAN. I use cast iron so I can go right from the stove top to the oven. If you don't have the old-fashioned cast iron make sure you transfer them from your stove top pan to Pyrex or some other heatproof pan. By finishing the cooking in the oven you end up with a much juicier piece of chicken. This is the way fine restaurants do it. Roast for approximately 20 minutes or until no pink remains in the chicken. Cut it open to check if you are not sure.

While the chicken is cooking, you can get out that sauté pan. Add the chicken stock and begin to boil it. Turn down to medium so it just continues to bubble and reduce. Add the Dijon and the tarragon. Cook for 3 minutes for the flavors to blend. If the stock starts to run down too low just add a bit more. About 10 minutes before the chicken is done, add the cream. Continue to bubble the sauce. Don't over-boil it but if you keep it bubbling the cream will thicken the sauce naturally. This won't be a gloppy cream sauce because you're on Plan Z and are limited in your cream amount but it will thicken enough that you'll swear you're eating in France. If the sauce looks done early just turn it off and wait for the chicken.

When the chicken is done, plate it and pour cream sauce over the top. This will eat up  $\frac{1}{2}$  of your cream allotment per day so keep that in mind.

Serve with roasted asparagus. You can put the asparagus in the oven with the chicken and roast them. Top with grated sea salt and you'll be amazed at how special this can taste. You can do

the same thing with green beans instead if you prefer.

Enjoy!

Cheers,