

Balsamic Chicken Breast

Tender balsamic chicken breast with garlic and herbs. Easy 45-minute recipe with rich balsamic glaze. Perfect weeknight dinner for 8 servings.

20	25	45	8	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Balsamic Chicken Breast

Ingredients

- 8 chicken meat
- 0.5 flour
- 1 tbsp olive oil
- 8 clove garlic
- 0.5 balsamic vinegar
- 2 tbsp water
- 1 tbsp corn starch
- 0.5 tbsp black pepper
- 1 tbsp sunflower oil
- 1 chicken broth

Instructions

- 1 Prepare the Chicken**

Pat 8 chicken breasts completely dry with paper towels. Lightly dust each breast with flour, shaking off excess.
- 2 Sear the Chicken**

Heat 1 tablespoon olive oil in a large skillet over medium-high heat until shimmering. Add chicken breasts and sear for 3-4 minutes until golden brown on the first side.
- 3** Flip chicken breasts and add 8 minced garlic cloves around the chicken pieces. Cook for another 3-4 minutes until chicken is golden brown on the second side and garlic is fragrant.
- 4 Make the Balsamic Sauce**

Add 2 tablespoons balsamic vinegar and 1 tablespoon chicken broth to the pan. Reduce heat to medium-low and simmer for 8-10 minutes until chicken reaches internal temperature of 74°C (165°F) and juices run clear.
- 5** Transfer chicken to a plate and tent with foil to keep warm.
- 6 Thicken the Sauce**

Whisk 1 tablespoon cornstarch with 2 tablespoons water in a small bowl until smooth. Add mixture to the pan juices and stir constantly for 1-2 minutes until sauce thickens and coats the back of a spoon.
- 7** Season sauce with 0.5 tablespoon black pepper and taste for seasoning. Pour thickened balsamic sauce over chicken and serve immediately.

Tips

Pound chicken breasts to even thickness (about $\frac{3}{4}$ inch) for uniform cooking and to prevent dry, overcooked edges while ensuring the center is properly done.

Let the chicken rest at room temperature for 15-20 minutes before cooking to ensure even heat distribution and better searing results.

Don't overcrowd the pan when searing - cook in batches if necessary to maintain proper heat and achieve that golden-brown crust.

Save time by mincing garlic in advance, but add it to the pan only after the first flip to prevent burning and bitter flavors.

Taste the sauce before serving and adjust with a pinch of salt, pepper, or even a small drizzle of honey to balance the acidity if needed.

For extra glossy sauce, remove the pan from heat and swirl in a small pat of cold butter just before serving - this creates a beautiful, restaurant-style finish.

If the sauce becomes too thick during cooking, thin it with additional chicken broth rather than water to maintain flavor intensity.

Use a meat thermometer to ensure chicken reaches exactly 165°F - overcooked chicken breast becomes dry even with the best sauce.