

Sautéed Chicken Breasts

10 minutes

- Chicken breasts
 - Salt and pepper
 - Vegetable oil
1. Season both sides of the chicken breasts with salt and pepper
 2. Heat the oil in a medium skillet over medium-high heat until shimmering.
 3. Place chicken in the pan.
 4. Cook, turning once, until firm to the touch, about **5 minutes per side**.
 5. Let chicken rest, covered in foil, for several minutes.
 6. Slice chicken breast into ¼” slices, across the grain.