

10-Minute Pan-Fried Chicken Breast

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/pan-fried-chicken-breast-indian-recipe>

Ingredients:

- 2 chicken breasts boneless, skinless
- 2 tablespoons olive oil one for rubbing and one for cooking
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 cloves garlic pressed
- 1 teaspoon parsley dried
- 1/2 teaspoon thyme dried
- 1/4 teaspoon cayenne pepper plus more to taste

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 145 milligrams
4. Fat: 20 grams
5. Protein: 48 grams
6. SaturatedFat: 4 grams
7. Sodium: 1460 milligrams

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