

Chicken with Saffron Sauce

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 25 minutes

Serves: 4

CChints: You want the chicken and the rice to be done at the same time. Read the instructions and time need for cooking the rice. The Saffron rice in this recipe takes 20 minutes so we suggest start cooking the rice at the beginning. If your rice only takes 5-10 minutes, start cooking the rice when you start cooking the sauce. Saffron is the key flavor in this dish and it also gives the sauce the golden color. Saffron can be expensive, but it is worth it. You can find it on the spice isle at your supermarket.



4 servings of Saffron Yellow Rice like Vigo® brand
2 tablespoons olive oil, divided
3 skinless, boneless chicken breasts
Salt and pepper to taste
1/4 cup sweet yellow onion, sliced into thin rings
2 cloves minced garlic, fresh or from a jar
1/2 cup white wine (Use one you would also drink with dinner)
1-1/4 cups reduced fat chicken broth
1/2 teaspoon saffron threads
1/4 teaspoons each paprika, basil, oregano, thyme, cumin
1/2 teaspoon salt and dash of fresh black pepper
1 pound Asparagus or Green Beans, ends trimmed
1 tablespoon Extra Virgin olive oil
1 tablespoon butter

Read the cooking instructions for rice. Start it now or late in this recipe. (see note above)

Rinse the chicken and pat dry with paper towels. Cut the chicken breasts in half and cut off any excess fat. Lay out about 18 inches of plastic wrap on the counter. Take one piece of chicken at a time and lay it on the plastic wrap. Fold the plastic over the top of the one piece of chicken at a time and pound it to 1/3-1/2 inch thick with a meat mallet or heavy skillet. Lay them on a plate and sprinkle both sides of each piece with a little salt and pepper. Throw away the plastic and wash everything that came in contact with the raw chicken.

Heat 1 tablespoon of oil in a large nonstick skillet over medium heat. When the pan is hot, add the chicken, cover and cook for 3 minutes on each side or until the chicken is done. Remove to chicken to a covered container to keep warm. Add more chicken to the pan if they all won't fit the first time. Don't crowd the pan.

If you have quick cooking rice, start it now. If you started the rice at the beginning, it should just about be done. When it is, remove from the heat and stir in the Extra Virgin Oil and cover.

Add the onions to the pan and cook for 1 minute, scraping any brown bits from the pan. Add the garlic and cook 1 minute. Deglaze the pan by slowly pouring in the white wine and continue to scrape up the brown bits. The brown bits will flavor the onions and the sauce. Cook for about 3 minutes until the wine nearly disappears. Add the chicken broth through pepper to the pan and stir. Add the vegetable and simmer for 5 minutes, allowing the sauce to reduce slightly. Add the chicken to the pan for 2 more minutes. Remove the pan from the heat and stir in the butter.

Plate the vegetable and serve the chicken over a spoonful of rice and top with the sauce.
Caroleicious! A great Spanish meal.