



# chicken breasts skinned & boned

oven fry/bbq



*cooking time from: 20 minutes*

## method

Remove your chicken out of the packaging, pat dry and bring to room temperature.

Pre heat a griddle or heavy based frying pan over low to medium heat.

Season the chicken with sea salt just prior to cooking.

Place the chicken breasts into the pan to & sear both sides then add 50ml chicken stock or water & a knob of butter to the pan then transfer to a pre heated oven 200°C / 180°C fan-assisted (gas 6) for 15 to 20 minutes until fully cooked through with a core temperature of 65°C before resting.

Leave to rest in a warm place for 5 minutes before serving.

## servicing suggestions

Serve with Risotto with peas & Parmesan.

## for best results, fry this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	65-68°C	72-75°C

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

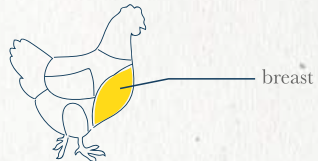


*Jeff Baker*

Executive Development Chef

eat  
better  
meat®

Explore our wide range of innovative and forgotten cuts and choose the breed that best suits your palate at [farmison.com/our-meat](http://farmison.com/our-meat)



Share your kitchen creations with #eatbettermeat

 farmisonuk