

Lemon Chicken in Dill Cream Sauce

Ingredients

Chicken

- 2 chicken breasts
- salt and pepper to taste
- 1 tbsp oil
- 2 tbsp butter
- 1 tbsp honey
- 1/2 tsp oregano
- 1/2 tsp dried basil
- 1/2 tsp garlic powder

Dill sauce

- 1 tbsp butter
- 2 tbsp minced garlic
- 1/2 cup chicken stock
- 2/3 cup heavy cream
- 2 tbsp lemon juice from fresh lemon
- 1 tbsp chopped fresh dill

Preparation

- Preheat oven to 375
- Salt the chicken and let sit for 10 minutes. Remove salt and flatten
- Mix the oregano, basil, and garlic powder in a small bowl. Add pepper to the flattened chicken and dust with the spice mixture.
- Combine butter and oil in a hot oven safe skillet. Once butter is melted, add the honey
- Cook chicken for 2-3 minutes on each side. The chicken will not be fully cooked. Remove from pan and set aside.
- Add butter and minced garlic to the pan and saute until garlic is fragrant

- Add chicken broth, heavy cream, and lemon juice to pan and stir over medium heat for 2-3 minutes
 - Return chicken to pan and transfer to preheated oven. Bake for 10-15 minutes until chicken is 165 degrees fahrenheit measured in the thickest part of the breast
 - Remove from oven, spoon sauce over chicken and add chopped dill
 - Optionally, slice the chicken into strips or serve whole
 - Add pepper and serve immediately
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