

Lemon Garlic Butter Chicken and Green Bean Skillet

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Serves 4

- 1 1/4 pounds boneless skinless chicken breasts, cut into pieces
- 1 1/2 pounds green beans, trimmed
- 3 Tbsp Light butter, divided
- 4 cloves garlic, minced
- 1 tsp paprika
- 1 tsp onion powder
- salt and pepper to taste
- 1 lemon, juiced
- 1/2 cup chicken broth or stock
- 1 Tbsp or to taste, hot sauce such as Sriracha
- pinch red pepper flakes, optional
- 1/2 cup chopped fresh parsley

1. In a small bowl, combine onion powder, paprika, salt and pepper. Season chicken pieces generously with the spice mixture. Set aside
2. Arrange green beans in a microwave safe dish with 1/2 cup water. Cook in the microwave for 8-10 minutes, until almost done but still crisp.
3. Melt 2 Tbsp butter in a large skillet over medium-low

heat. Lay the seasoned chicken in one layer in the skillet. Cook for 5-6 minutes then flip and cook another 5, until cooked through and a internal temperature is 165. If the chicken browns too quickly, lower the heat. Adjust timing depending on the thickness. Transfer chicken to a plate and set aside

4. In the same skillet, lower the heat and melt the remaining tablespoon of butter. Add chopped parsley, garlic, hot sauce, red crushed pepper flakes, and pre-cooked green beans and cook 4 to 5 minutes, stirring regularly, until cooked to your liking. Add lemon juice and chicken stock and reduce the sauce for a few minutes , until slightly thickened.
5. Add cooked chicken thighs back to the pan and reheat quickly. Adjust seasoning with pepper and serve immediately, garnished with more crushed red pepper, fresh parsley and a slice of lemon if you like.