

# CHICKEN BREASTS WITH LEEKS & PARMESAN



Moderate



45 minutes



Main



04 Servings

## INGREDIENTS

1 tablespoon oil, any  
4 chicken breasts,  
boneless and skinless  
salt, to taste  
ground black pepper, to taste  
1 tablespoon butter  
400g leeks, halved lengthwise  
and cut into half moons  
¼ cup white wine  
3 tablespoons grated parmesan



## COOKING STEPS

Preheat the oven to 350 F. Heat a large sauté pan over medium-high heat. Add the oil and tilt the pan to coat completely with oil.

Pat the chicken breasts dry with a paper towel and season on both sides with salt and pepper. Place them in the sauté pan. Cook for 5 to 6 minutes, until the chicken releases easily from the pan and the underside is browned. Turn the chicken over and cook for an additional 5 to 6 minutes to brown the other side. Transfer the chicken to an ovenproof platter or pan and put it in the oven to finish cooking, approx. 20 minutes.

Reduce the heat to medium-low and add the butter to the pan. When the butter melts, add the leeks and sauté, stirring occasionally, until the leeks are softened, about 6 minutes.

Remove the pan from the heat to add the wine, then return it to medium-low heat and cook until the wine is reduced by about half. Stir in the parmesan cheese and season to taste with salt and pepper.

Remove the chicken breasts from the oven and check their internal temperature with a meat thermometer, which should be 165 F. and let stand a few minutes before slicing the chicken. Transfer the chicken breasts to a dinner plate and top each with a generous spoonful of the cooked leeks.