



Lucky39s Quickie Chickie

Jacob · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

2

Description

Fresh basil is essential to get that fresh burst of flavor with a hint of sweet and sour in this dish. The ingredients are all on hand when my herb garden is in season. Add a salad and a favorite vegetable for a quick weeknight meal.

Ingredients

- 2 teaspoons olive oil - 6 ounces chicken tenderloin strips - $\frac{1}{4}$ teaspoon salt - $\frac{1}{2}$ teaspoon freshly ground black pepper - 2 tablespoons chopped fresh basil - $1\frac{1}{2}$ teaspoons honey - $1\frac{1}{2}$ teaspoons balsamic vinegar
- or more to taste

Instructions

1. Heat olive oil in a nonstick skillet over medium-high heat. Season chicken with salt and pepper. Cook and stir chicken in the hot oil until chicken is no longer pink in the center.
2. about 3 to 5 minutes. Stir basil.
3. honey.
4. and balsamic vinegar into chicken and cook for 1 more minute. Recipe Tip You can use any cut of chicken with this method; adjust the cooking time accordingly.