

Chicken Tenders with BalsamicFig Sauce

Savannah · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

4

Description

Drizzled over chicken this textural fig sauce is made with balsamic vinegar which is a nice contrast to the sweet figs Thyme provides just a bit of savoriness to the sweet rich sauce

Ingredients

- - 1 pound chicken tenders - salt and ground black pepper to taste - $\frac{1}{4}$ cup all-purpose flour - 2 tablespoons olive oil - 1 tablespoon butter - 1 shallot
- minced - 1 clove garlic
- minced - $\frac{1}{2}$ cup red wine - $\frac{1}{4}$ cup balsamic vinegar - 4 fresh figs
- cut into 1/2-inch pieces - 1 teaspoon minced fresh thyme leaves - 1 teaspoon Dijon mustard - 1 teaspoon honey - $\frac{1}{2}$ teaspoon salt - 1 teaspoon butter

Instructions

1. Make the chicken: Season chicken with salt and pepper on both sides
2. then lightly coat with flour
3. shaking off excess. Heat olive oil and butter in a large nonstick skillet over medium heat. Add chicken and cook until tenders are golden brown
4. no longer pink in the centers
5. and the juices run clear
6. 5 to 6 minutes
7. flipping halfway through. Transfer to a plate and cover loosely with aluminum foil to keep warm. Make the sauce: Add shallot and garlic to the same skillet and cook until softened
8. about 2 minutes. Add red wine and balsamic vinegar; simmer until reduced by half
9. 3 to 5 minutes. Stir in figs
10. thyme
11. mustard
12. honey
13. and salt; bring to a boil. Reduce the heat to low or medium-low and simmer until thickened
14. about 3 minutes. Remove from the heat and stir in butter. Spoon sauce over warm chicken tenders
15. or add chicken back to the skillet to briefly reheat. Serve immediately. Tips You can use skinless
16. boneless chicken breasts or chicken thighs
17. just adjust your cooking time. If your sauce thickens too much
18. stir in a little water.