

Chicken in Mayonnaise



This is great and simple. You'll surprise your guests, the taste of this dish is so rich that your guests will think that you spend lots of time on it... This chicken can be accompanied by rice and salad or with your favorite vegetable. Try it, you will not regret!

Ingredients:

3 large chicken breasts cut in half

3 tablespoon mayonnaise

1 teaspoon mustard

5 tablespoon chopped fresh parsley

Salt and pepper to taste



Method:

Mix the mayonnaise, mustard (in this particular recipe I used the stone ground mustard) and the chopped parsley.

Add salt and pepper to your taste, but be aware that mayonnaise contains salt, so if you are concern about the high consumption of salt, skip the salt.

Add the chicken breasts and let it sit for a few minutes.



Heat a large skillet (do not add any oil, since mayonnaise contain the necessary oil) and add the breasts.

Cook for approximately 4 minutes. Flip side and let it cook for another 4 to 5 minutes.

Make sure that it is thoroughly cooked.

Garnish the plate with some fresh parsley.

The left over can be easily warmed using microwave oven.



Did you know that mayonnaise is made of mainly vegetable oil and egg yolks? It is made by slowly adding oil to an egg yolk and whisking vigorously to disperse the oil, forming a stable emulsion. Usually it is seasoned with mustard, lemon juice or vinegar and salt.

Thank you for stopping by Simple Recipes and have a great week!