

# Mustard Chicken

Serves Four



## Ingredients

- 2 pounds chicken breast tenders
- Kosher salt and freshly ground black pepper
- 1 tablespoon olive oil
- 2 tablespoons butter
- 2 cloves garlic, minced
- 1 small shallot, minced
- 1 tablespoon Dijon mustard
- 2 tablespoons whole-grain mustard
- 1 tablespoon lemon juice
- $\frac{3}{4}$  cups chicken stock
- 3 tablespoons mascarpone cheese
- 2 tablespoons fresh Italian flat leaf parsley, chopped

## Steps

- Pat chicken pieces dry with a paper towel. Season with salt and pepper. Brush or spray a skillet with olive oil and heat over medium-high heat. Once pan is hot add chicken pieces and cook on each side until browned (about 4 minutes each side - check internal temperature of chicken which should register at 165°F). Once chicken is cooked, remove to a large plate.
- In the same pan over medium-high heat add the butter, shallots and garlic and cook until the shallots are translucent (about 2 - 3 minutes). Add the lemon juice, Dijon, whole-grain mustard, and chicken stock. Stir well and make sure to scrape up any bits on the bottom and sides of the pan. Bring mixture to a simmer and add the mascarpone cheese. Stir well. Season with salt and pepper. Add the chicken pieces back in to coat them in the sauce and heat them up. Top with parsley and serve hot.