

Chicken with Asparagus and Mustard

Source: Mark Bittman New York Times May 11, 2014

Ingredients

- Chicken pieces
- asparagus
- 1 tbsp mustard
- lemon juice
- ½ cup white wine or chicken broth
- shallots, optional

Method

Use butter to brown the chicken well in a large skillet. Cover and cook over medium-low heat, turning occasionally, until the internal temperature is 155-165 degrees, or the juices run clear, 15 to 20 minutes. Can add shallots along the way, if desired.

About five minutes before removing chicken, add chopped asparagus to the pan; leave the asparagus when you remove the chicken. Add tbsp mustard and a squeeze of lemon juice to the pan along with the wine; if you like, stir in a splash of cream before serving.

Notes

Bittman's article says to use 3 to 4 lbs whole chicken cut up or 2 or more pounds of parts. I used 4 large chicken thighs and it worked with the amount of sauce. Certainly could do another piece or two with a bit more stock or wine.

I added a bit of salt to chicken while cooking.