



GARLIC BUTTER CHICKEN BITES WITH LEMON ASPARAGUS

3-4 SERVINGS PREP TIME: 10 MIN COOK TIME: 20 MIN

Ingredients:

- 3 boneless, skinless chicken breasts, cut into bite-sized chunks
- 2 bunch of asparagus, rinsed and trimmed
- 1/2 cup butter, softened
- 1 tsp olive oil
- 2 tsps. minced garlic
- 1 tsp Italian seasoning or Herbes de Provence
- 1 tsp hot sauce, optional (I used Taco Bell's Fire Sauce)
- 1/2 - 3/4 cup low-sodium chicken broth
- Juice of 1 large lemon
- 1 tbsp minced parsley (I love parsley, so I used more like 3 tsps.)
- Crushed red chili pepper flakes, optional
- Slices of lemon, for garnish

For the chicken seasoning:

- 1 tsp salt
- 1 tsp fresh cracked black pepper
- 2 tsps. onion powder

Directions:

1. Slice the chicken breasts into bite-sized chunks and season with salt, pepper, and onion powder. Let sit in a shallow plate while you prepare the asparagus.
2. Wash and trim the ends of the asparagus, then blanch them in boiling water for 2 minutes then soak in ice water to stop the cooking asparagus. This way they will cook asparagus faster and evenly in the skillet. Drain and set aside.

Note: You can skip this step if you have very thin asparagus. In my video, I skipped this step and added the asparagus in step 4.

3. Heat half butter and olive oil in a large cast-iron skillet over medium-low heat. Gently stir-fry the chicken bites on all sides until golden brown. Lower the heat, add 1 teaspoon minced garlic and Italian seasoning and stir and cook with chicken bites until fragrant. Remove the chicken bites from the skillet and set aside to a plate. You might have to work in batches to avoid crowding the pan.
4. In the same skillet over medium-high, add minced garlic then deglaze with chicken broth. Bring to a simmer and allow to reduce to half the volume. Add remaining butter, lemon juice, hot sauce, parsley. Give a quick stir to combine.
5. Add the blanched asparagus and toss for 2 minutes to cook it up. Add the sautéed chicken bites back to the pan and stir for another minute to reheat. Garnish the chicken and asparagus with more parsley, crushed chili pepper, and lemon slices. Serve immediately. Enjoy!