

# How to Cook Chicken Breast

Because it's lean, versatile and delicious, lots of favorite recipes call for cooked chicken breast. Instead of buying canned chicken or shelling out extra dough for a pre-cooked rotisserie chicken, use our products to perfectly cook chicken breast with ease. Talk about *winner, winner chicken dinner!*



## IF YOU'RE COOKING ON THE STOVETOP ...

... Use the [Grill Pan](#) and [Grill Press](#)

Heat the Grill Pan and Grill Press over medium heat 3-5 minutes. Season 4-5oz (125-150g) boneless, skinless chicken breasts as desired then grill 4-6 minutes per side or until done, keeping the Grill Press on the chicken throughout cooking.

... Use the [10-IN \(25-CM\) Skillet](#) or [12-IN. \(30-CM\) Skillet](#)

Lightly brush the skillet with oil and heat over medium heat 3-5 minutes or until shimmering. Season 4-5oz (125-150g) boneless, skinless the chicken breasts to your liking then cook, uncovered, 5-7 minutes per side or until done.

## IF YOU'RE COOKING IN THE MICROWAVE ...

... Use the [Rockcrok®](#) or [Deep Covered Baker](#)

Microwave 10-12oz (300-350g) seasoned boneless, skinless chicken breasts on high, covered, for 12-15 minutes or until done.

... Use the [Small Ridged Baker](#)

Microwave seasoned 4-5oz (125-150g) boneless, skinless chicken breasts, covered with parchment paper, on high, for 5-6 minutes or until done.

## Quick Tips

1. Chicken should be cooked to at least 165°F (74°C).
2. Cook a large batch of chicken and refrigerate or freeze the extras.
3. Store chicken in a [Leakproof Glass Container](#) in the fridge (40°F or below) for 1-2 days, or keep cut-up chicken in the freezer (0°F or below) for up to 9 months.\*

## Helpful Products

These products go hand-in-hand with perfectly cooked chicken



### Pocket Thermometer

Insert this into the thickest part of the chicken to make sure it's fully cooked.



### Salad Chopper

They make cutting chicken breast a breeze. They're safe to use in the [Deep Covered Baker](#), [Stainless Steel Mixing Bowls](#) and even the [Bamboo Fiber Bowls](#).



### Grill Press

It helps to disperse the heat when pressed down on top of food, meaning chicken cooks up faster and more even!



### Chef's Tongs

The silicone-coated tips of these long-handled tongs grip the chicken breast for easy turning.

Learn more about preparing your chicken safely

[Health Canada - Food and Nutrition - Poultry Facts](#)