

## This Cowboy Butter Chicken is My New Favorite 20-Minute Meal

Simple Ingredients, Big Flavor:



**TIME**  
**20 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

- 4 boneless, skinless chicken breasts (about 6 oz each)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- Salt and freshly ground black pepper, to taste
- ... cup unsalted butter
- 3-4 cloves garlic, minced
- 1 tbsp fresh parsley, finely chopped
- 1 tbsp fresh chives, finely chopped (optional)
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- ‰ tsp red pepper flakes (or more, to taste)

#### Swaps and Notes:

**The Chicken:** For even richer flavor, you can use boneless, skinless chicken thighs. Just be sure to adjust the cooking time as needed. The most important tip for juicy chicken is to pound the breasts to an even thickness (about ¾ inch thick). This ensures they cook quickly and evenly without drying out.

**The Seasoning:** Smoked paprika gives the chicken a wonderful, smoky depth, but sweet paprika works well too. Feel free to add a teaspoon of onion powder to the seasoning mix for another layer of flavor.

**The Cowboy Butter:** This is where the magic happens.

**Herbs:** Using fresh parsley and chives makes a world

of difference. If you absolutely must use dried, use about one-third the amount.

**Lemon Juice:** Freshly squeezed lemon juice is non-negotiable! It cuts the richness of the butter and brightens the entire dish.

**Dijon Mustard:** This adds a subtle tang and helps emulsify the sauce, making it smooth and creamy.

**Red Pepper Flakes:** This provides the gentle warmth that Cowboy Butter is known for. Start with ½ teaspoon and add more if you like things spicy.

**How to Make Cowboy Butter Chicken:**

**Prepare the Chicken:** Pat the chicken breasts dry with a paper towel. If they are thick, place them between two sheets of parchment paper and pound them to an even thickness. In a small bowl, mix the garlic powder, smoked paprika, salt, and pepper. Season the chicken generously on both sides.

**Cook the Chicken:** Heat the olive oil in a large skillet over medium-high heat. Once the oil is shimmering, carefully place the chicken in the skillet. Cook for 6-8 minutes per side, until golden brown, cooked through, and a thermometer reads 165°F. Do not overcrowd the pan; cook in batches if necessary. Remove the chicken from the skillet and let it rest on a plate.

**Start the Sauce:** Reduce the heat to medium-low. Add the butter to the same skillet. Once it's melted, add the minced garlic and red pepper flakes. Cook for about 30-60 seconds, stirring constantly, until the garlic is fragrant. Be very careful not to let it burn.

**Finish the Cowboy Butter:** Remove the skillet from the heat. Stir in the fresh lemon juice and Dijon mustard, scraping up any delicious browned bits (fond) from the bottom of the pan. Finally, stir in the fresh parsley and chives.

**Serve:** You can either slice the chicken and return it to the pan to toss in the sauce, or simply pour the incredible Cowboy Butter sauce over the whole chicken breasts. Serve immediately.

**Tips for Success:**

**Don't Burn the Garlic:** This is the most important rule of making a butter sauce. Cook the garlic just until you can smell it, then move on. Burnt garlic will ruin the flavor.

**Scrape the Pan:** All those browned bits left behind after cooking the chicken are concentrated flavor. The lemon juice will help release them from the pan and incorporate them into your sauce.

**Rest Your Chicken:** Letting the chicken rest for a few minutes before slicing allows the juices to redistribute, ensuring every bite is moist and tender.

**Serving Suggestions and Pairings:**

Serve with crusty bread, creamy mashed potatoes, or roasted potatoes.

It's also fantastic over a bed of rice or pasta.

For a balanced meal, pair it with a simple green vegetable like steamed asparagus, roasted broccoli, or green beans.

More Flavor-Packed Dinners You'll Love:

This Cajun Chicken Sausage Gumbo: If you love the Southern-inspired kick of Cowboy Butter, you have to try this bowl of comfort.

## DIRECTIONS

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8. Rest : Your Chicken: Letting the chicken rest for a few minutes before slicing allows the juices to redistribute, ensuring every bite is moist and tender.
9. Serving Suggestions and Pairings: This dish is practically begging for something to soak up every last drop of that glorious sauce.
10. Serve with crusty bread, creamy mashed potatoes, or roasted potatoes.
11. It's also fantastic over a bed of rice or pasta.
12. For a balanced meal, pair it with a simple green vegetable like steamed asparagus, roasted broccoli, or green beans.
13. More Flavor-Packed Dinners You'll Love: If you enjoy bold, satisfying meals that are easy to make, check out these other favorites:
14. This : Cajun Chicken Sausage Gumbo: If you love the Southern-inspired kick of Cowboy Butter, you have to try this bowl of comfort.
15. This : Tomato Skillet with Okra and Sausage: Another fantastic one-skillet meal packed with big flavors.
16. Easy : Cheesy Chicken Sliders: Love a good garlic butter sauce? These sliders are easy, cheesy, and always a hit.
17. These : Easy Turkey Wings: For another simple and satisfying poultry dish, these wings are pure comfort.
18. This : Mexican Chicken and Rice Casserole: A cheesy, crowd-pleasing chicken dinner that never fails.
19. Final Thoughts: Cowboy Butter Chicken is the ultimate weeknight hero. It's ridiculously flavorful, impressively fast, and uses simple ingredients to create something truly special. It has become a permanent fixture in my dinner rotation, and I have a feeling it will in yours, too.
20. Give this recipe a try and let me know what you think in the comments below. And don't forget to follow ChefManiac on social media for more recipes that make cooking easy and fun!

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