



# Hazelnut Chicken

Servings: **4 servings**

Calories 419 Fat 18.4 g Satisfat 3.7 g Monofat 9.9 g Polyfat 2.3 g Protein 41.3 g Carbohydrate 17.3 g Fiber 2 g  
Cholesterol 161 mg Iron 1.7 mg Sodium 444 mg Calcium 41 mg

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## Ingredients

Cooking spray  
2 teaspoons Dijon mustard  
1 large egg  
1/2 cup panko (Japanese breadcrumbs)  
1/3 cup finely chopped hazelnuts  
1 1/2 teaspoons dried rubbed sage  
4 (6-ounce) skinless, boneless chicken breast halves  
1/2 teaspoon freshly ground black pepper, divided  
1/4 teaspoon kosher salt  
4 teaspoons olive oil, divided  
2 tablespoons chopped shallots  
3/4 cup unsalted chicken stock  
1/2 cup ruby port or other sweet red wine  
1/4 cup dried cranberries  
2 teaspoons balsamic vinegar  
2 teaspoons unsalted butter

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## Directions

1. Preheat oven to 425°.
2. Place a wire rack on a baking sheet; coat with cooking spray. Combine mustard and egg in a shallow dish, stirring with a whisk. Combine panko, hazelnuts, and sage in a shallow dish. Sprinkle chicken evenly with 1/4 teaspoon pepper and salt. Dip chicken in egg mixture; dredge in panko mixture, pressing to adhere.
3. Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon olive oil to pan, and swirl to coat. Add chicken, and cook 2 minutes on each side or until browned. Place chicken on prepared rack, and bake at 425° for 12 to 15 minutes or until done.
4. Wipe skillet with a paper towel; heat over medium heat. Add remaining 1 teaspoon oil to pan; swirl to coat. Add shallots; cook 1 minute or until tender. Add remaining 1/4 teaspoon pepper, chicken stock, port, and cranberries; bring to a boil. Reduce heat to low; simmer 4 minutes or until liquid is reduced by half. Remove pan from heat. Add balsamic vinegar and butter to pan, stirring until butter melts. Spoon port mixture over chicken.

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