Chicken Fricassee

Cooking Instructions

This dish includes 2 parts: Chicken and Sauce.

QuickThaw Chicken and Sauce. Submerge the well-sealed packages in warm water for 15-20 minutes to thaw.

Chicken & Sauce: Over medium-low heat, brown cutlets in a little oil, about 4 minutes on each side or until desired browning is obtained. Be careful not to cook over too high heat. The pan should not be dark brown or the sauce will not cook properly. Remove cutlets and deglaze pan with sauce. Once sauce is heated throughout and slightly thickened, return cutlets to sauce and simmer until internal temp reaches 165F. Remove from heat and let the dish rest for 5 min before serving – this allows the sauce to thicken a bit.

Internal Temperature: 165F

Serving Suggestions: Fresh sautéed asparagus and Sweet Corn Mashed Potatoes.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.

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