

MEALTIME HELPER

MAKING MEALTIME EASY

Creamy Garlic Chicken

Prep time: 10 minutes

Cook time: 20–25 minutes

Total time: 30–35 minutes

Servings: 4

Ingredients

- 1 1/2 pounds (about 700 g) boneless, skinless chicken breasts or thighs (2–3 breasts), patted dry
- 1 teaspoon kosher salt, plus more to taste
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika (optional, for color)
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 4–5 garlic cloves, minced (about 2 tablespoons)
- 1 small shallot or 1/2 small onion, finely chopped (optional)
- 1/2 cup (120 ml) dry white wine or low-sodium chicken broth
- 1 1/4 cups (300 ml) heavy cream or half-and-half for a lighter version
- 1/2 cup (50 g) grated Parmesan cheese
- 1 teaspoon Dijon mustard (optional, for depth)
- 1 teaspoon fresh lemon juice (or to taste)
- 1/2–1 teaspoon dried thyme or 1 tablespoon fresh thyme leaves (or use rosemary)
- 2 tablespoons chopped fresh parsley, for garnish
- Optional: steamed vegetables, mashed potatoes, or pasta, for serving

Directions

1. **Season the chicken:** Sprinkle the chicken on both sides with 1 teaspoon salt, 1/2 teaspoon pepper, and paprika (if using).
2. **Heat the pan:** Warm a large skillet over medium-high heat. Add 2 tablespoons olive oil and 1 tablespoon butter.

3. **Sear the chicken:** When the fat is hot and shimmering, add the chicken. Cook 4–5 minutes per side (depending on thickness) until golden-brown and cooked through (internal temperature 165°F / 74°C). Transfer the chicken to a plate and tent loosely with foil.
4. **Sauté aromatics:** Reduce heat to medium. Add the remaining 1 tablespoon butter to the skillet. Sauté the minced garlic and chopped shallot/onion for 30–60 seconds until fragrant (don't brown the garlic).
5. **Deglaze the pan:** Pour in the white wine or chicken broth and scrape up browned bits from the bottom of the pan. Let it simmer 1–2 minutes to reduce slightly.
6. **Make the cream sauce:** Stir in the heavy cream, Parmesan cheese, Dijon mustard (if using), and thyme. Simmer gently 3–5 minutes, stirring occasionally, until the sauce thickens to coat the back of a spoon. Taste and adjust seasoning with salt, pepper, and lemon juice.
7. **Return chicken to sauce:** Nestle the seared chicken into the sauce and spoon sauce over the pieces. Simmer 1–2 more minutes to reheat and allow flavors to meld.
8. **Finish and serve:** Sprinkle with chopped fresh parsley. Serve the creamy garlic chicken over pasta, mashed potatoes, rice, or with steamed vegetables. Spoon extra sauce over the top.

Tips:

- For even cooking, pound thicker chicken breasts to an even thickness (about 1/2 inch).
- If the sauce gets too thick, whisk in a splash of chicken broth or cream to loosen it.
- Swap Parmesan for Pecorino Romano for a sharper taste, or add a pinch of red pepper flakes for heat.
- Enjoy — this dish is comfort-food elegance with minimal fuss.