

Creamy Parmesan Butter Chicken with Roasted Garlic

When you're craving something comforting, rich, and effortlessly delicious, this



OVEN
400°F

TIME
40 min

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INGREDIENTS

For the Chicken:

- 4 boneless, skinless chicken breasts
- 4 tablespoons unsalted butter (divided)
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- Salt and black pepper to taste

For the Creamy Parmesan Sauce:

- 1 cup heavy cream
- 1 cup grated Parmesan cheese
- 4 cloves roasted garlic (from 1 whole roasted garlic head)
- 1 tablespoon fresh parsley, chopped (for garnish)

For Roasted Garlic:

- 1 whole head of garlic
- 1 tablespoon olive oil
- Salt to taste

DIRECTIONS

1. Roast the Garlic: Preheat oven to 400°F (200°C).
2. Slice the top off the head of garlic to expose the cloves.
3. Drizzle with olive oil, sprinkle with salt, and wrap in foil.
4. Roast for 30-35 minutes, or until the cloves are soft and golden.
5. Let cool slightly, then squeeze the roasted garlic from the cloves.
6. Sear the Chicken: Season chicken with garlic powder, Italian seasoning, salt, and pepper.
7. In a large skillet over medium-high heat, melt 2 tablespoons butter.
8. Sear chicken breasts for 5-6 minutes per side, until golden and cooked through.
9. Transfer to a plate and set aside.
10. Make the Cream Sauce: In the same skillet, melt the remaining 2 tablespoons butter.
11. Stir in heavy cream and roasted garlic cloves, mashing the garlic slightly with a spoon.
12. Gradually whisk in : Parmesan until melted and the sauce is smooth.
13. Season with salt and pepper to taste.
14. Finish and Serve: Return chicken to the skillet, spooning sauce over the top.
15. Let simmer for 2-3 minutes to warm through.
16. Garnish with fresh parsley and serve hot.

