

Chicken in Basil Cream Sauce: A Weeknight Winner with Fancy Flavor

Creamy. Herbaceous. Comforting. This



TIME
30 min

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INGREDIENTS

For the Chicken:

2 boneless, skinless chicken breasts

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

$\frac{1}{2}$ cup all-purpose flour

For Cooking:

2 tablespoons butter

1 tablespoon olive oil

For the Sauce:

$\frac{1}{2}$ cup chicken broth

1 cup heavy cream

$\frac{1}{2}$ cup grated Parmesan cheese

2 tablespoons chopped fresh basil (or 1 tsp dried)

2 cloves garlic, minced

$\frac{1}{2}$ teaspoon red pepper flakes (optional, for heat)

DIRECTIONS

- 1. Prepare the Chicken:** Season the chicken breasts with salt and black pepper, then dredge lightly in flour, shaking off any excess.
- 2. Sear the Chicken:** Heat butter and olive oil in a large skillet over medium heat. Add the chicken and cook for 5-7 minutes per side, until golden brown and cooked through. Transfer to a plate and keep warm.
- 3. Build the Sauce:** In the same skillet, sauté minced garlic for about 30 seconds until fragrant. Pour in chicken broth, scraping up browned bits. Simmer for 2 minutes.
- 4. Add the Cream:** Stir in the heavy cream, Parmesan, and red pepper flakes (if using). Simmer 2-3 minutes until slightly thickened.
- 5. Finish with Basil:** Add the chopped basil and return the chicken to the pan. Simmer 2-3 minutes more, spooning sauce over the chicken.
- 6. Serve:** Plate the chicken and drizzle generously with the basil cream sauce. Pair with pasta, rice, or vegetables.

TIPS FOR SUCCESS

Pound the chicken for even thickness so it cooks evenly.

Use fresh basil if possible—it makes all the difference.

Add sautéed mushrooms, spinach, or sun-dried tomatoes to the sauce.

Simmer it a few minutes longer or add a tablespoon of cream cheese.

