

Creamy Garlic Herb Chicken: The One-Pan Dinner You'll Make on Repeat

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TIME
45 min

TEMP
165°F

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INGREDIENTS

For the Chicken: 4 boneless, skinless chicken breasts (about 1.5 lbs)

1 tbsp olive oil

1 tsp garlic powder

1 tsp paprika

1/2 tsp salt

1/2 tsp black pepper

For the Creamy Herb Sauce: 2 tbsp unsalted butter

4 cloves garlic, minced

1 cup chicken broth

1/2 cup heavy cream

1 tsp Dijon mustard

1/4 cup fresh parsley, chopped

1 tbsp fresh thyme leaves, chopped

1 tbsp fresh lemon juice

For Serving: 2 cups cooked white rice

1 lb fresh green beans, steamed

Swaps & Notes:

Chicken: Chicken thighs work wonderfully here and will be even more juicy and flavorful.

Green Beans: Don't have green beans? Asparagus or broccoli florets are excellent substitutions. Just steam them until tender-crisp.

Herbs: Feel free to get creative with your herbs! Rosemary adds a beautiful earthy note, while basil or oregano can lend a Mediterranean twist. Dried herbs can be used in a pinch, but remember to use

half the amount of fresh herbs.

Spice: If you want a little kick, add a pinch of red pepper flakes to the sauce along with the minced garlic.

Cream: For a slightly lighter version, you can substitute the heavy cream with half-and-half, but the sauce won't be as rich and thick.

DIRECTIONS

- 1.** Prepare the : **Chicken:** Pat the chicken breasts dry with a paper towel. In a small bowl, mix the garlic powder, paprika, salt, and pepper. Season both sides of each chicken breast with the spice mix.
- 2.** Sear the : **Chicken:** Heat the olive oil in a large skillet over medium-high heat. Once hot, add the chicken breasts and cook for 5-7 minutes per side, or until golden brown and cooked through to an internal temperature of 165°F (74°C). Remove the chicken from the skillet and set it aside on a cutting board to rest.
- 3.** Build the : **Sauce:** Reduce the heat to medium. Add the butter to the same skillet and melt it. Add the minced garlic and sauté for 1 minute until fragrant.
- 4.** Create the : **Base:** Pour in the chicken broth and scrape up any browned bits from the bottom of the pan with a wooden spoon. Stir in the Dijon mustard. Bring to a gentle simmer and cook for 2-3 minutes, allowing the liquid to reduce slightly.
- 5.** Finish the : **Sauce:** Reduce the heat to low and stir in the heavy cream and fresh herbs. Let the sauce simmer for another 2-3 minutes, stirring occasionally, until it thickens slightly. Remove from the heat and stir in the fresh lemon juice.
- 6.** Serve: Slice the rested chicken breasts against the grain. Place a generous serving of cooked white rice and steamed green beans on each plate. Arrange the sliced chicken on top and drizzle with a generous amount of the creamy garlic herb sauce. Serve immediately.

SWAPS & NOTES

Chicken: Chicken thighs work wonderfully here and will be even more juicy and flavorful.

Asparagus or broccoli florets are excellent substitutions.

Green Beans: Don't have green beans?

Herbs: Feel free to get creative with your herbs!

TIPS FOR SUCCESS

Don't Overcrowd the Pan: Cook the chicken in batches if your skillet isn't large enough to avoid steaming it instead of searing it.

A good sear is key to building that delicious flavor base.

Rest the Chicken: Resting the chicken for a few minutes after cooking allows the juices to redistribute, ensuring every bite is moist and tender.

Use Fresh Herbs: While dried herbs work, fresh parsley and thyme truly elevate the flavor of this sauce.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-garlic-herb-chicken-the-one-pan-dinner-youll-make-on-repeat/>