

## One-Pan Marry Me Chicken: The Easiest Weeknight Dinner

4 boneless, skinless chicken breasts



**TIME**  
**30 min**

**TEMP**  
**165°F**

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### INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- 1/2 cup chicken broth
- 1/2 cup sun-dried tomatoes, chopped
- 1/2 cup heavy cream
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic, minced
- Fresh basil for garnish

#### Swaps and Notes:

**Chicken:** Boneless, skinless chicken breasts are great for this recipe, but chicken thighs would also be fantastic, as they stay incredibly juicy.

**Sun-Dried Tomatoes:** Use sun-dried tomatoes packed in oil for the best flavor.

**Heavy Cream:** The heavy cream is what makes the sauce so rich and creamy. You can use a lighter cream, but the sauce won't be as thick.

**Parmesan Cheese:** Grated Parmesan cheese adds a salty, savory flavor that is a perfect complement to the sauce.

**Herbs:** Fresh basil is a must for this recipe. It adds a bright, fresh finish that really makes the dish pop.

#### Step-by-Step Instructions:

**Prep the Chicken:** Pat the chicken breasts dry with a paper towel. Season them with salt, black pepper, dried oregano, and smoked paprika.

**Sear the Chicken:** In a large skillet or Dutch oven, heat the olive oil over medium-high heat. Add the chicken breasts and sear for 5-7 minutes per side, until they are golden brown. They will not be cooked through at this point. Remove the chicken from the skillet and set it aside.

**Make the Sauce:** Reduce the heat to medium. Add the minced garlic and cook for about 30 seconds until fragrant. Pour in the chicken broth and scrape up any browned bits from the bottom of the pan-this is where a lot of the flavor lives! Add the chopped sun-dried tomatoes.

**Simmer and Thicken:** Pour in the heavy cream and bring the sauce to a gentle simmer. Stir in the grated Parmesan cheese until it has melted and the sauce has thickened.

**Finish the Chicken:** Return the seared chicken breasts to the skillet, nesting them into the sauce. Reduce the heat to low, cover, and let it cook for 10-15 minutes, or until the chicken is cooked through and a meat thermometer reads 165°F.

**Serve:** Garnish with fresh basil. Serve the chicken immediately, spooning the flavorful sauce over the top, and serving with a side of pasta, rice, or crusty bread.

#### Tips for Success:

**Sear the Chicken:** Searing the chicken first gives it a beautiful golden color and a fantastic flavor base. Don't skip this step!

**Low and Slow is Key:** After adding the liquids, keep the heat low. The gentle simmer is what allows the chicken to cook through and the sauce to thicken without burning.

**Don't Overcook:** Boneless, skinless chicken breasts can dry out quickly. Be sure to cook them just until they are done to ensure a juicy result.

**Use a Good Skillet:** A large skillet or Dutch oven is perfect for this recipe as it retains heat well and cooks everything evenly.

#### Serving Suggestions and Pairings:

**Nutritional Information (per serving, approximate):**

Calories: 500 kcal

Carbohydrates: 15g

Protein: 40g

## DIRECTIONS

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11. **Serving Suggestions and Pairings:** This One-Pan Marry Me Chicken is a perfect main course. It pairs beautifully with a side of pasta, rice, or mashed potatoes to soak up all that delicious sauce. You could also serve it with a simple green salad to add some freshness. The rich, savory flavors would also go great with other hearty, comforting meals like a classic Cajun Chicken Sausage Gumbo or a simple Mexican Chicken and Rice Casserole.
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Calories: 500 kcal
13. **Carbohydrates:** 15g
14. **Protein:** 40g
15. **Fat:** 30g
16. **Saturated : Fat:** 15g
17. **Cholesterol:** 120mg
18. **Sodium:** 600mg
19. **Fiber:** 2g
20. **Sugar:** 5g
21. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
22. **Storage and Leftover Tips:** Leftovers of this chicken are fantastic! Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can warm them gently in a skillet over low heat or in the microwave. The sauce might thicken, so you may need to add a splash of chicken broth.
23. **More Recipes You'll Love:** If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
24. **These :** Chicken Enchiladas are my go-to for cozy, crowd-pleasing dinners
25. **A light, tangy chicken salad I actually crave (and there's no mayo in sight)**

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

Original recipe: <https://chefmaniac.com/one-pan-marry-me-chicken-the-easiest-weeknight-dinner/>