

The Ultimate Chicken Dinner: A Flavorful and Hearty Meal

Some meals just feel like a classic for a reason. This



TIME
15-20 min

TEMP
165°F

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Recipe Card

SAVE
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INGREDIENTS

- 4 boneless, skinless chicken breasts (about 600g)
- 2 tablespoons olive oil
- Salt and black pepper, to taste
- 1 sliced onion
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 200g sliced mushrooms
- 2 cloves garlic, minced
- 1 tablespoon all-purpose flour
- 250ml chicken stock
- 1 teaspoon dried thyme
- 800g potatoes, peeled and cubed
- 50g butter
- 100ml milk

DIRECTIONS

- 1.** Prepare the : Mashed Potatoes: Place the peeled and cubed potatoes in a pot of generously salted water. Bring to a boil and cook for about 15-20 minutes, or until they are fork-tender. Drain the potatoes and return them to the pot. Add the butter and milk and mash until they are smooth and creamy. Season with salt and pepper to taste.
- 2.** Cook the : Chicken: While the potatoes are cooking, season the chicken breasts generously with salt and pepper. Heat the olive oil in a large skillet over medium-high heat. Place the chicken breasts in the hot skillet and sear for about 5-7 minutes per side, or until they are golden brown and cooked through (the internal temperature should reach 165°F). Remove the chicken from the pan and set it aside.
- 3.** SautØ the Vegetables: In the same skillet, add the sliced onion, red pepper, yellow pepper, and mushrooms. SautØ for about 5-7 minutes, until the vegetables are soft. Add the minced garlic and cook for another minute until fragrant.
- 4.** Make the : Sauce: Sprinkle the flour over the vegetables and stir to combine. Cook for one minute. Gradually pour in the chicken stock, whisking continuously to prevent lumps. Add the dried thyme and a pinch of salt and pepper. Bring the sauce to a simmer and let it cook for 3-4 minutes, or until it has thickened slightly.
- 5.** Combine and : Serve: Return the cooked chicken breasts to the skillet, nestling them into the sauce. Let it all simmer for a minute or two to heat the chicken through. Serve the pan-seared chicken with the delicious pepper-mushroom sauce alongside a generous

portion of creamy mashed potatoes.

SWAPS & NOTES

Chicken: Chicken thighs would also work beautifully in this recipe, as they stay incredibly juicy.

Just adjust the cooking time slightly.

Vegetables: Feel free to use your favorite vegetables here.

Zucchini, spinach, or even some chopped carrots would be a great addition.

TIPS FOR SUCCESS

Don't Overcrowd the Pan: Cook the chicken in a single layer to ensure it sears properly.

If you're cooking for more than two, you might need to cook them in batches.

Scrape Up the Brown Bits: The browned bits at the bottom of the pan after you sear the chicken are pure flavor.

When you add the vegetables and stock, be sure to scrape them up.

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

Original recipe: <https://chefmaniac.com/the-ultimate-chicken-dinner-a-flavorful-and-hearty-meal/>