

The Ultimate Garlic Herb Chicken with Creamy Mashed Potatoes

Ultimate Garlic Herb Chicken



TIME
15-20 min

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INGREDIENTS

2 Large Chicken Breasts: (or 4 tenders), halved lengthwise for faster, even cooking.
2 tbsp Olive Oil: High quality is best for searing.
1 Onion: Thinly sliced to melt into the sauce.
2 Bell Peppers: One red and one yellow, sliced into strips for color and sweetness.
200g Mushrooms: Cremini or white button, sliced.
2 Cloves Garlic: Finely minced.
Spices: 1/2 tsp Paprika, 1/2 tsp dried Thyme, Salt, and Black Pepper.
Fresh Parsley: For a bright, herbaceous garnish.
700g (1.5 lbs) Potatoes: Russet or Yukon Gold, peeled and cubed.
2 tbsp Butter: Salted or unsalted based on preference.
100ml Milk: Warmed slightly to keep the potatoes fluffy.
Salt and Black Pepper: To taste.

DIRECTIONS

1. Prepare the Potatoes: Place your cubed potatoes in a large pot of salted water. Bring to a boil and cook until fork-tender (about 15-20 minutes). Drain the water, then mash the potatoes thoroughly. Incorporate the butter and warm milk, seasoning with salt and pepper until you reach a silky, creamy consistency. Cover and set aside.
2. Sear the Chicken: While the potatoes boil, heat the olive oil in a large skillet over medium-high heat. Season your chicken pieces with the paprika, thyme, salt, and pepper. Add the chicken to the pan and cook until golden brown and cooked through (about 5-7 minutes per side). Once done, remove the chicken from the pan and set it aside on a plate.
3. SautØ the Vegetables: In the same skillet (don't wash it! those brown bits are flavor gold), add the onion, bell peppers, garlic, and mushrooms. SautØ the mixture until the vegetables are tender and the onions have begun to lightly caramelize.
4. Combine and Serve: Return the cooked chicken to the skillet. Toss everything together for 2-3 minutes to let the flavors meld. To serve, place a generous mound of mashed potatoes on a plate, top with the chicken and vegetable mixture, and garnish generously with fresh parsley.

SWAPS & NOTES

The Protein: If you aren't a fan of chicken breast, you can easily swap them for turkey cutlets or thin-cut pork chops.

If you're looking for more poultry inspiration, check out my Easy Turkey Wings for another comfort classic.

The Starch: For a lower glycemic index or a different flavor profile, try using sweet potatoes instead of regular white potatoes.

Make it Saucy: If you prefer a "wetter" dish, stir in 1/4 cup of heavy cream or chicken stock at the end of the vegetable sauté to create a light pan sauce.

TIPS FOR SUCCESS

Don't Overcrowd the Pan: When searing the chicken, give the pieces space.

If the pan is too crowded, the chicken will steam instead of browning.

Warm the Milk: Always use warm milk for your mashed potatoes.

Cold milk can shock the starches and result in a gummy texture.

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

Original recipe: <https://chefmaniac.com/the-ultimate-garlic-herb-chicken-with-creamy-mashed-potatoes/>