

## Savory Chicken Wraps with Garlic Cream Sauce: The Ultimate 25-Minute Dinner

Savory Chicken Wraps with Garlic Cream Sauce



**TIME**  
**7 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

Chicken Breasts: 2 large breasts, sliced into thin, even strips for quick cooking.

Whole Wheat Wraps: 4 large wraps (or flour tortillas if you prefer).

Olive Oil: 1 tbsp for searing the chicken.

Garlic: 4 cloves, minced (don't be shy-the garlic is the star!).

Heavy Cream:  $\frac{1}{2}$  cup for that rich, velvety texture.

Chicken Broth: ... cup to balance the richness of the cream.

Parmesan Cheese: ... cup, freshly grated for the best melt.

Fresh Spinach:  $\frac{1}{2}$  cup, packed.

Shredded Mozzarella:  $\frac{1}{2}$  cup for an extra cheesy pull.

Lemon Juice: 1 tbsp to cut through the richness.

Fresh Parsley: 1 tbsp, chopped for garnish.

Salt & Pepper: To taste.

### DIRECTIONS

- 1. Cook the Chicken:** Heat your olive oil in a large skillet over medium-high heat. Season your chicken strips with salt and pepper. Add them to the pan and cook for 5-7 minutes. You want them to be golden brown on the outside and fully cooked through. Once done, remove the chicken from the pan and set it aside on a plate.
- 2. SautØ the Garlic:** In the same skillet (don't wash out those brown bits!), add the minced garlic. SautØ for about 1-2 minutes. You want it to be fragrant but not burnt.
- 3. Simmer the Sauce:** Pour in the chicken broth and heavy cream. Whisk in the Parmesan cheese. Let the mixture simmer gently for 3-4 minutes. You'll notice it starting to thicken into a beautiful, silky sauce.
- 4. Combine & Wilt:** Return the cooked chicken to the skillet. Toss it well so every piece is submerged in the garlic cream. Add the fresh spinach and cook for another 2-3 minutes until the leaves have wilted into the sauce.
- 5. The Final Touch:** Stir in the lemon juice-this adds a necessary hit of acidity. Sprinkle the mozzarella cheese and chopped parsley over the top and stir until the cheese is melted and bubbly.
- 6. Assemble:** Lay your wraps flat. Spoon a generous portion of the creamy chicken mixture into the center of each. Roll them up tightly, tucking in the ends. Slice on a diagonal and serve immediately.

### SWAPS & NOTES

The Protein: You can easily swap the chicken for shrimp or even thinly sliced turkey.

If you're looking for a different take on chicken, check out my Easy Cheese-Stuffed Chicken Wontons for another crunchy, savory option.

The Wrap: If you are watching your carbs, you can use large lettuce leaves or even try the technique from this 3-ingredient egg wrap as a base.

The Greens: If spinach isn't your favorite, kale or arugula work beautifully.

## TIPS FOR SUCCESS

**Don't Overcrowd the Pan:** When browning the chicken, make sure the pieces aren't overlapping.

This ensures they sear rather than steam, giving you better flavor.

**Room Temperature Cream:** Using heavy cream that isn't ice-cold helps prevent the sauce from breaking or curdling when it hits the hot pan.

**Warm Your Wraps:** Quickly warm your tortillas in a dry pan or the microwave for 10 seconds before filling.

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

Original recipe: <https://chefmaniac.com/savory-chicken-wraps-with-garlic-cream-sauce-the-ultimate-25-minute-dinner/>