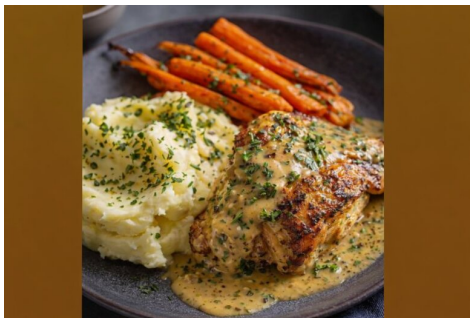


The Best Creamy Herb Chicken with Mashed Potatoes & Roasted Carrots

I'm Jason Griffith, and here at



TIME
30 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Chicken & Sauce:

2 bone-in, skin-on chicken thighs: Bone-in keeps the meat succulent and flavorful.

Salt & black pepper: For essential seasoning.

1 tbsp olive oil: To get that perfect sear.

2 garlic cloves: Freshly minced for the best aroma.

1 tbsp butter: To create a rich sauce base.

100 ml heavy cream: Provides the signature velvety texture.

1 tbsp fresh parsley: Chopped fine (plus more for garnish).

1 tsp Dijon mustard (optional): Highly recommended for a subtle zing.

For the Sides:

3 medium potatoes: Russet or Yukon Gold work best for mashing.

2 tbsp butter: For the mash.

60 ml milk: To achieve the desired creaminess.

4 carrots: Peeled and halved lengthwise.

1 tbsp olive oil: For roasting the carrots.

DIRECTIONS

- 1.** Roast the Carrots: Preheat your oven to 200°C. On a parchment-lined baking sheet, toss your halved carrots with 1 tablespoon of olive oil, salt, and pepper. Roast for 25-30 minutes. You want them tender enough to pierce with a fork, with slightly browned, caramelized edges that bring out their natural sugars.
- 2.** Prepare the Mashed Potatoes: While the carrots roast, place your cubed potatoes in a pot of cold salted water. Bring to a boil and cook for 15-20 minutes. Once fork-tender, drain them well. Return them to the pot and mash with 2 tablespoons of butter and the milk. For an extra-smooth texture, use a potato ricer.
- 3.** Sear the Chicken: Season the chicken thighs generously with salt and pepper. In a large skillet over medium heat, add the olive oil. Place the chicken skin-side down. This is the secret to great chicken: let it render for 5-6 minutes without moving it until the skin is golden and crispy. Flip and cook for another 5 minutes, then remove the chicken from the pan (it won't be fully cooked yet).
- 4.** Create the Creamy Herb Sauce: In the same skillet (don't wipe out those flavorful chicken drippings!), melt the butter. Add the minced garlic and sauté for just 30 seconds until fragrant. Pour in the heavy cream, Dijon mustard, and chopped parsley. Whisk gently and let it simmer for 2-3 minutes until it begins to thicken.
- 5.** The Final Simmer: Return the chicken thighs to the skillet, Nestle them into the sauce, cover with a lid, and simmer on low for about 10 minutes. This ensures the chicken is cooked through to an internal temperature of 74°C (165°F) while soaking up all

that herbal goodness.

SWAPS & NOTES

The Chicken: If you prefer white meat, you can swap for chicken breasts, though you'll need to reduce the simmering time to avoid drying them out.

The Herbs: While parsley is classic, feel free to add fresh thyme or rosemary to the sauce for a more "woody" flavor profile.

Dairy-Free: You can use full-fat coconut milk and a plant-based butter substitute, though it will slightly alter the flavor profile.

Low Carb: Swap the potatoes for a creamy cauliflower mash.

TIPS FOR SUCCESS

Don't Crowd the Pan: If you decide to double this recipe, use two pans or a very large skillet.

Crowding causes the chicken to steam rather than sear.

Actually, warming your milk and butter before adding them to the potatoes prevents the mash from cooling down too quickly and helps it stay fluffy.

Skin Integrity: When returning the chicken to the sauce, try to keep the crispy skin above the sauce line to maintain that crunch.

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

Original recipe: <https://chefmaniac.com/the-best-creamy-herb-chicken-with-mashed-potatoes-roasted-carrots/>