

One-Skillet Garlic Herb Chicken with Veggies & Mash

Ultimate Garlic Herb Chicken with Mushrooms and Creamy Mashed Potatoes

TIME
20 min

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INGREDIENTS

For the Chicken & Vegetables:

2 large chicken breasts (or 4 chicken tenders),
sliced lengthwise

2 tablespoons olive oil

1 onion, sliced

1 red bell pepper, sliced

1 yellow bell pepper, sliced

200 g mushrooms, sliced

2 garlic cloves, minced

1/2 teaspoon paprika

1/2 teaspoon dried thyme

Salt and black pepper to taste

Fresh parsley, chopped (for garnish)

For the Creamy Mashed Potatoes:

700 g (1.5 lb) potatoes, peeled and cubed

2 tablespoons butter

100 ml warm milk

DIRECTIONS

- 1.** Cook the Potatoes: Place cubed potatoes in a large pot of salted water. Bring to a boil and cook 15-20 minutes until fork-tender.
- 2.** Drain and mash with butter, warm milk, salt, and pepper until smooth and creamy. Cover and keep warm.
- 3.** Season the Chicken: Season chicken with paprika, dried thyme, salt, and black pepper.
- 4.** Sear the Chicken: Heat olive oil in a large skillet over medium heat.
- 5.** Cook chicken for 5-7 minutes per side until golden brown and cooked through. Remove from skillet and set aside.
- 6.** SautØ the Vegetables: In the same skillet, sautØ onion, red and yellow bell peppers, mushrooms, and garlic for 6-8 minutes until tender and lightly caramelized.
- 7.** Bring It Together: Return chicken to the skillet and cook with vegetables for 2-3 minutes to combine flavors.
- 8.** Serve: Spoon creamy mashed potatoes onto plates. Top with garlic herb chicken and vegetables. Garnish with fresh parsley and serve hot.

SWAPS & NOTES

Chicken thighs can replace chicken breasts for extra richness.

Add a splash of chicken broth to the skillet for extra depth.

For ultra-creamy mashed potatoes, mix in a tablespoon of sour cream.

Yukon Gold potatoes work beautifully for a buttery texture.

TIPS FOR SUCCESS

Don't overcrowd the skillet when cooking chicken - it helps achieve a golden sear.

Let the chicken rest for a few minutes before slicing to retain juices.

Taste and adjust seasoning before serving.

For extra flavor, finish with a squeeze of fresh lemon juice.

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