

Comforting Herb Chicken with Peppers, Mushrooms, and Creamy Mash

Herb Chicken with SautØed Peppers, Mushrooms, and Mashed Potatoes

TIME
20 min

TEMP
165°F

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Recipe Card

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INGREDIENTS

For the Chicken 2 chicken breasts 1 tbsp olive oil
1 tsp garlic powder 1 tsp paprika:

1 tsp Italian herbs Salt and black pepper, to taste

For the Vegetables:

1 cup mushrooms, sliced ½ red bell pepper, sliced
½ yellow bell pepper, sliced ½ green bell pepper,
sliced 1 tbsp olive oil 1 garlic clove, minced Salt
and black pepper

For the Mashed Potatoes:

3 medium potatoes, peeled and cubed 2 tbsp butter
... cup warm milk Salt and black pepper Garnish
Fresh parsley, chopped Ingredient

DIRECTIONS

1. Step-by-: Step Instructions
2. Cook the : Potatoes
3. Place the cubed potatoes in a pot of salted water.
4. Bring to a boil and cook for
5. 15-20 minutes
6. , or until the potatoes are fork-tender.
7. Drain well.
8. Mash with butter, warm milk, salt, and pepper until smooth and creamy.
9. Set aside and keep warm.
10. Season the : Chicken
11. Rub the chicken breasts with olive oil.
12. Season evenly with:
13. garlic powder
14. Italian herbs
15. salt and black pepper
16. Cook the : Chicken
17. Heat a skillet over medium-high heat.
18. Cook the chicken for
19. 6-7 minutes per side
20. , until golden brown and cooked through.
21. The internal temperature should reach
22. 165°F (74°C)
23. Remove from the skillet and let the chicken rest for a few minutes before serving.
24. SautØ the Vegetables
25. In another pan heat olive oil over medium heat.

SWAPS & NOTES

This recipe is very flexible depending on what you have in your kitchen.

Cook the Potatoes Place the cubed potatoes in a pot of salted water.

Bring to a boil and cook for 15-20 minutes , or until the potatoes are fork-tender.

Mash with butter, warm milk, salt, and pepper until smooth and creamy.

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

Original recipe: <https://chefmaniac.com/comforting-herb-chicken-with-peppers-mushrooms-and-creamy-mash/>