

## The Best Creamy Pesto Chicken with Parmesan Sauce

There are several reasons this dish has become a go-to dinner in my kitchen.

**TIME**  
**30 min**

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### INGREDIENTS

4 boneless, skinless chicken breasts  
1 tablespoon olive oil  
Salt and black pepper, to taste  
1 cup heavy cream  
1/2 cup pesto  
1/4 cup grated Parmesan cheese  
2 cloves garlic, minced  
1/4 teaspoon red pepper flakes (optional)  
Fresh basil leaves for garnish  
Extra grated Parmesan cheese for garnish

### DIRECTIONS

1. Season the chicken. Season both sides of the chicken breasts with salt and black pepper.
2. Sear the chicken. Heat olive oil in a large skillet over medium-high heat. Cook the chicken for 5-7 minutes per side until golden brown and fully cooked. Remove the chicken from the skillet and set aside.
3. Cook the garlic. Reduce heat to medium and add minced garlic to the same skillet. SautØ for about 1 minute until fragrant.
4. Make the sauce. Pour in the heavy cream and bring it to a gentle simmer. Stir in pesto, Parmesan cheese, and red pepper flakes if using.
5. Thicken the sauce. Continue stirring until the sauce becomes smooth and slightly thickened.
6. Return the chicken. Place the cooked chicken back in the skillet and spoon the sauce over the top.
7. Simmer briefly. Cook for 2-3 minutes so the chicken absorbs the flavors and the sauce coats everything nicely.
8. Garnish and serve. Top with fresh basil and additional Parmesan before serving.

### SWAPS & NOTES

**Chicken Options** Chicken thighs can be substituted for chicken breasts if you prefer darker meat.

**Pesto Choices** Store-bought pesto works perfectly, but homemade pesto will add an even brighter flavor.

**Cream Substitute** Half-and-half can be used instead of heavy cream for a slightly lighter sauce.

**Add Vegetables** You can easily add spinach, cherry tomatoes, or mushrooms to the sauce for extra flavor and texture.

### TIPS FOR SUCCESS

**Pound chicken evenly** If your chicken breasts are thick, lightly pound them so they cook evenly.

**Don't rush the sear** A good golden crust adds flavor to both the chicken and the sauce.

**Use freshly grated Parmesan** Fresh Parmesan melts better and creates a smoother sauce.

**Adjust the sauce thickness** If the sauce becomes too thick, add a splash of chicken broth or pasta water.

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

Original recipe: <https://chefmaniac.com/the-best-creamy-pesto-chicken-with-parmesan-sauce/>