

## How I Made This Creamy Garlic Mushroom & Spinach Chicken-and Why It's My New Favorite Comfort Dish

I was feeling a little extra in the kitchen today, and let me tell you, this



**OVEN**  
**375°F**

**TIME**  
**30 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 4 boneless, skinless chicken breasts
- Salt and black pepper, to taste
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 cup sliced mushrooms (white or cremini both work)
- 2 cups fresh spinach
- 1 cup heavy cream
- $\frac{1}{2}$  cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- Fresh parsley, chopped (for garnish)

### DIRECTIONS

- 1.** Sear the Chicken First: I preheated the oven to 375°F (190°C). While that warmed up, I seasoned the chicken breasts generously with salt and pepper.
- 2.** In a large oven-safe skillet, I heated olive oil over medium-high heat and seared the chicken for about 4-5 minutes on each side until golden and crusted. Then I set the chicken aside-still raw in the middle, but that's fine, it finishes in the oven.
- 3.** Build the Flavor Base: In the same skillet, I lowered the heat and added the minced garlic, letting it sizzle for about 30 seconds-just until fragrant. Then in went the sliced mushrooms, and I cooked them for another 5 minutes until tender and just starting to caramelize.
- 4.** Wilt the Spinach: I stirred in the spinach, letting it wilt down into the mushrooms. It only takes a minute or two-just stir gently until it's bright green and softened.
- 5.** Make That Creamy Garlic Sauce: With the heat on low, I poured in the heavy cream, added the Parmesan, and sprinkled in the Italian seasoning. I let it simmer gently until it thickened just slightly-creamy enough to coat the back of a spoon but not too thick.
- 6.** At this point, I gave it a taste and added a bit more salt and pepper to balance the richness. You could absolutely add a splash of white wine or chicken broth here to deepen the flavor (I've done both and loved the results).
- 7.** Bake to Finish: I nestled the seared chicken back into

the skillet, spooned some of that garlicky mushroom cream sauce over the top, and transferred the whole thing to the oven. After 20-25 minutes, the chicken was fully cooked (165°F internal temp), the sauce was bubbling, and the smell... unreal.

8. **Garnish and Serve:** Before serving, I sprinkled over a bit of chopped fresh parsley for a pop of color and freshness.

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

Original recipe: <https://chefmaniac.com/how-i-made-this-creamy-garlic-mushroom-spinach-chicken-and-why-its-my-new-favorite-comfort-dish/>