

Creamy Garlic Parmesan Chicken That Feels Like a Restaurant Meal at Home

Some dinners just feel like a win the second they hit the plate-and this



TIME
30 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 2 boneless, skinless chicken breasts
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 cup heavy cream
- 1 cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- 1 tablespoon fresh parsley, chopped (for garnish)

DIRECTIONS

- 1.** Season and Sear the Chicken: I start by seasoning the chicken breasts generously with salt and pepper on both sides. This helps build a flavorful base before the sauce even hits the pan.
- 2.** In a large skillet, I heat olive oil over medium-high heat and add the chicken once the oil is hot and shimmering. I sear each side for 5 to 7 minutes until golden brown and cooked through (an internal temp of 165°F is the goal). Once they're done, I take them out and set them aside on a plate.
- 3.** Build the Creamy Garlic Sauce: In the same skillet, I reduce the heat to medium and add the minced garlic. I stir it around for about a minute-just until fragrant, making sure it doesn't burn.
- 4.** Next comes the heavy cream, which I pour in slowly while stirring. It picks up all the browned bits left from the chicken, which adds a ton of flavor.
- 5.** Add the Cheese and Seasoning: Once the cream is warm, I gradually whisk in the Parmesan cheese. I like to do this a little at a time so it melts evenly and creates a smooth, velvety sauce. I stir in the Italian seasoning and give it a taste-sometimes I add a pinch more salt or an extra crack of pepper depending on the cheese.
- 6.** If the sauce starts to get too thick, I'll splash in a bit of chicken broth or water to loosen it up. It should coat the back of a spoon without feeling heavy.
- 7.** Finish with the Chicken: I return the seared chicken breasts to the skillet, nestling them into the sauce and spooning it over the top. I let them simmer in the sauce for a few minutes to reheat and absorb all those garlicky, cheesy flavors.

8. Garnish and Serve: Just before serving, I sprinkle chopped fresh parsley over the top for a pop of color and brightness. Then it's time to plate.

TIPS FOR SUCCESS

Slice chicken breasts in half for quicker cooking and more surface area for browning.

Use freshly grated Parmesan for the smoothest sauce-it melts better than the pre-shredded kind.

Keep the heat low once the cream is added so the sauce doesn't split or get gritty.

Add spinach or sun-dried tomatoes to the sauce for an extra flavor boost.

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

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