

Quick & Easy Creamy Herb Chicken

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Servings: 4 people

Ingredients

For The Chicken:

- 4 chicken breasts (pounded 1/2-inch thin)
- 2 teaspoons each of onion powder and garlic powder
- 1 teaspoon fresh chopped parsley
- 1/2 teaspoon each of dried thyme and dried rosemary*
- salt and pepper , to season

For The Sauce:

- 4 cloves garlic , minced (or 1 tablespoon minced garlic)
- 1 teaspoon fresh chopped parsley
- 1/2 teaspoon each of dried thyme and dried rosemary
- 1 cup milk (or half and half)*
- Salt and freshly ground black pepper , to taste
- 1 teaspoon cornstarch mixed with 1 tablespoon water , until smooth

Steps

1. Coat chicken breasts with the onion and garlic powders and herbs. Season generously with salt and pepper.
2. Heat 1 tablespoon of oil a large pan or skillet over medium-high heat and cook chicken breasts until opaque and no longer pink inside (about 5 minutes each side, depending on thickness). Transfer to a plate; set aside.
3. To the same pan or skillet, heat another 2 teaspoons of olive oil and sauté garlic, with parsley, thyme and rosemary, for about 1 minute, or until fragrant.
4. Stir in milk (or cream); season with salt and pepper, to taste.
5. Bring to a boil; add the cornstarch mixture to the centre of the pan, quickly stirring, until sauce has thickened slightly. Reduce heat and simmer gently for a further minute to allow the sauce to thicken more.
6. Return chicken to the skillet. Sprinkle with extra herbs if desired. Serve immediately.

Notes

- If you don't like Thyme or Rosemary, substitute these with Basil and Oregano, or use Tarragon.
- *For a dairy free option, I find Cashew milk the best in flavour. You can also use almond milk or rice milk.
- Yes, heavy cream can be substituted!

