

Creamy Garlic Chicken Breasts

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Servings: 4 people

Ingredients

For The Chicken:

- 2-3 large boneless and skinless chicken breasts halved horizontally to make 4
- 4 tablespoons flour (all purpose or plain)
- 4 tablespoons finely grated fresh Parmesan cheese
- 2 teaspoon salt
- 1 teaspoon garlic powder
- 1/2 teaspoon Black cracked pepper

For The Sauce:

- 5 tablespoons olive oil
- 2 tablespoons butter
- 1 small onion finely chopped
- 1 whole head of garlic peeled and divided into 10-12 cloves
- 1 1/4 cup chicken broth (stock)
- 1 1/4 cup half and half or heavy cream (or evaporated milk)
- 1/2 cup finely grated fresh Parmesan cheese
- 2 tablespoons fresh parsley, to serve

Steps

1. Season the chicken with salt, garlic powder and pepper.
 2. In a shallow bowl, combine the flour, parmesan cheese. Dredge chicken in the flour mixture; shake off excess.
 3. Heat 2 tablespoons of oil and 1 tablespoon butter in a large skillet over medium-high heat until pan is nearly smoking. Swirl pan to coat evenly.
 4. Fry 2-3 chicken breasts until golden on each side, cooked through and no longer pink (about 4-5 minutes each side, depending on the thickness of your chicken). Transfer to a warm plate. Set aside.
 5. Wipe pan over with a sheet of paper towel. Repeat with remaining oil, butter and chicken breasts. When cooked, transfer the chicken onto the same plate.
 6. Reduce heat to medium. Sauté the onion in the remaining oil/juices in the pan until softened.
 7. Smash 6 whole cloves of garlic with the blunt edge of the back of a knife
 8. Add the remaining oil to the pan and heat through, mixing it through the onions. Sauté smashed garlic cloves and whole garlic cloves until fragrant, about 2-3 minutes. Add the broth to deglaze the pan. Scrape up any browned bits and let simmer and reduce to half, about 5 minutes.
 9. Reduce heat to medium-low. Pour in the cream. Bring the sauce to a gentle simmer for about 2-3 minutes, combining all of the flavours together.
 10. Mix in the parmesan cheese. Continue cooking gently for about 2-3 minutes until cheese melts, while stirring occasionally. Season with salt and pepper to your taste.
 11. Add the chicken back into the pan and let simmer for a further 2-3 minutes to thicken the sauce to your liking. The chicken breast will soak up all of the delicious flavours.
 12. Garnish with parsley and a little black cracked pepper.
- Serve over pasta, cauliflower mash, zucchini noodles, rice or mashed potatoes.

