Helergon Kitchen

Creamy Garlic Chicken with Mashed Potatoes

A cozy dinner featuring tender chicken in a parmesan-garlic cream. Served over silky, buttered potatoes. Pure

15 min	35 min	50 min	4	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

For the Chicken

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 1 tablespoon olive oil
- [ ] Salt and freshly ground black pepper, to taste

For the Garlic Cream Sauce

- [ ] 1 cup minced garlic (about 6 cloves)
- [ ] 4 tablespoons unsalted butter
- [ ] 1 cup heavy cream
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 teaspoon dried thyme

For the Mashed Potatoes

- [ ] 4 large russet potatoes, peeled and cubed
- [ ] 1/2 cup whole-milk
- [ ] 2 tablespoons unsalted butter, melted
- [ ] Salt and freshly ground black pepper, to taste

Garnish

- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. Start by seasoning those chicken thighs generously with salt and pepper. Heat the olive oil in a large skillet over medium-high heat. I like to brown them skin side down for about 6-7 minutes until they're just lovely and crisp. Flip them over and brown the other side for another 4-5 minutes. Once they look good, remove the chicken and set them aside for a bit.

2. Now, lower your heat to medium. Add 2 tablespoons butter to that same skillet and let it melt down. Stir in the minced garlic and thyme, sautéing just until it smells wonderful—which usually takes about 1 minute.

3. Pour in the heavy cream and turn the heat down to low. Stir in the remaining 2 tablespoons butter and the grated Parmesan cheese. Just let the sauce simmer for 3–4 minutes; you'll see it start to thicken up slightly.

4. Gently return the browned chicken thighs to the skillet, nestling them right into that creamy sauce. Cover the pan and let it all simmer for 15 minutes. You'll want to make sure the chicken reaches an internal temperature of 165°F (74°C) using your thermometer.

5. While the chicken is doing its thing, bring a large pot of salted water to a boil. Toss in your peeled and cubed potatoes and cook them until they're tender, which usually takes about 12-15 minutes.

6. Drain the potatoes well and put them back in the pot. Stir in the whole milk and melted butter, then mash them until they're smooth and silky. I always add a little more salt and pepper to taste here.

7. It's time to plate. Put a generous scoop of those mashed potatoes on each plate and spoon the creamy garlic chicken and that rich sauce right over the top.

8. Finish it off with a sprinkle of chopped parsley and serve it immediately. Honestly, if you have a lemon nearby, a little squeeze of fresh lemon juice adds a nice brightness.

Nutrition per serving

680 kcal	41 g	32 g	42 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the chicken rest for 5 minutes after cooking; this keeps the juices locked in.
- For extra silky sauce, whisk in a handful of fresh cream cheese at the end.
- If you prefer a lighter version, replace heavy cream with half-and-half and reduce the butter.