

Helergon Kitchen

Marry Me Chicken: Creamy Sun-Dried Tomato Skillet

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

The Chicken

- [ ] 4 boneless, skinless chicken breasts (about 1-1.5 lb total)
- [ ] 1 teaspoon kosher salt
- [ ] 1/2 teaspoon freshly ground black pepper
- [ ] 2 tablespoons olive oil

The Creamy Sauce

- [ ] 2 tablespoons unsalted butter
- [ ] 4 cloves garlic, minced
- [ ] 1 cup sun-dried tomatoes (in oil, drained and torn to pieces)
- [ ] 1 cup heavy cream (or 2/3 cup half-cream and 1/3 cup milk)
- [ ] 1/2 cup grated Parmesan cheese

Garnish

- [ ] 1/4 cup fresh basil leaves, chopped

Instructions

1. First things first, pat the chicken dry with some paper towels. It seems like a small thing, but it's the secret to a good sear. Season both sides with that 1 teaspoon kosher salt and 1/2 teaspoon freshly ground black pepper.
2. Heat up 2 tablespoons olive oil in your large skillet over medium-high heat. Brown the chicken for about 3-4 minutes per side until it's a lovely golden brown. Once they look right, just remove them and set them aside for a bit.
3. In that same skillet, add your 2 tablespoons unsalted butter. Let it melt and just barely start to brown. Push the butter to one side, then toss in the 4 cloves garlic, minced, and cook for about 30 seconds. Wow, the smell is just wonderful.
4. Stir in the 1 cup sun-dried tomatoes (in oil, drained and torn to pieces) and cook for about 1 minute. You just want to let those oils release and wake up the flavor.
5. Now, pour in the 1 cup heavy cream (or 2/3 cup half-cream and 1/3 cup milk). Swirl it all together, making sure to scrape up those little browned bits from the bottom—that's where the magic is. Let the sauce simmer for about 3 minutes until it thickens up a bit.
6. Put the chicken back into the skillet and spoon some of that sauce over each piece. Stir in the 1/2 cup grated Parmesan cheese until it's all melted and smooth.

7. Carefully move the skillet into your preheated 400°F oven. Roast it until the chicken reaches a safe 165°F internal temperature, which usually takes about 12-15 minutes.

8. Take it out of the oven and garnish with the 1/4 cup fresh basil leaves, chopped. Now, look, I know it's tempting, but let it rest for 5 minutes before serving.

9. I love serving this over pasta, mashed potatoes, or even a bed of sautéed spinach.

10. And there you have it! Just enjoy these comforting flavors. Honestly, it's guaranteed to impress.

Nutrition per serving

480 kcal	38 g	12 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is essential for a better crust.
- The browned bits in the pan add deep flavor to the cream sauce.
- Letting the meat rest ensures the juices stay put.