

Helergon Kitchen

Super Easy Chicken Marsala

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

The Chicken

- [ ] 4 boneless skin-less chicken breast halves
- [ ] Salt and freshly ground black pepper to taste
- [ ] 1/2 cup all-purpose flour, divided

The Sauce

- [ ] 3 tablespoons unsalted butter, divided
- [ ] 2 tablespoons olive oil
- [ ] 8 oz cremini mushrooms, sliced
- [ ] 1/4 cup dry white wine
- [ ] 1 cup low-sodium chicken broth
- [ ] 2 tablespoons Marsala wine
- [ ] 2 teaspoons minced fresh garlic
- [ ] 1 teaspoon fresh thyme leaves (optional)

Finishing Touches

- [ ] 2 tablespoons fresh parsley, chopped
- [ ] 1 tablespoon lemon juice (optional)
- [ ] 1/4 cup grated Parmesan cheese (optional)

Instructions

1. Start by pounding your chicken breasts to an even thickness of about 1/2 inch. I usually use a meat mallet, but a rolling pin works just fine. Season both sides generously with salt, pepper and 2 tablespoons of flour, then give them a little shake to get rid of any excess.

2. Heat 2 tablespoons butter and 2 tablespoons olive oil in a large skillet over medium-high heat. Once that butter starts to foam—that's when you know it's ready—add the chicken. Sear them for 3-4 minutes per side until they are golden brown and cooked through to an internal temperature of 165°F. Now, just move them to a plate and tent them loosely with foil to keep them warm.

3. In that same skillet—don't wash it, those brown bits are flavor!—add the remaining 1 tablespoon butter. Sauté the sliced mushrooms for about 5 minutes, stirring occasionally, until they're softened and a lovely golden brown.

4. Stir in the minced garlic and thyme leaves. Just cook those for about 30 seconds until they smell wonderful.

5. Now, deglaze the pan with the white wine. Swirl it around to loosen up all those tasty browned bits. Let the wine reduce by half, which takes about 1-2 minutes.

6. Pour in the chicken broth and Marsala wine. Bring it to a gentle simmer and let the sauce reduce by about 50% over 3-4 minutes until it's slightly thickened.

7. Return the chicken to the skillet, nestling it right into the sauce. Simmer for 2 minutes, and honestly, the best part is spooning that sauce right over the meat to reheat it.

8. Stir in the lemon juice and grated Parmesan if you're using them. Give it a taste and adjust your salt and pepper as needed.

9. Serve the chicken immediately. Be generous with the mushroom-Marsala sauce over each piece, and sprinkle that chopped parsley on top for a fresh, pretty finish.

10. Well, look at that! Now just pair it with some egg noodles, mashed potatoes, or steamed greens for a complete, comforting meal.

Nutrition per serving

380 kcal	34 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use a meat mallet to ensure the chicken cooks evenly without drying out.
- Don't skip the deglazing step; those browned bits are where the depth of flavor lives.
- Letting the chicken rest for a moment keeps the meat juicy.