Chicken with Garlic Sauce

Golden skillet chicken in a mellow garlic, thyme and cream pan sauce.

SERVES 4	PREP 15 MIN | COOK 25 MIN | REST 5 MIN | TOTAL 45 MIN	EASY



INGREDIENTS

- 1 1/4 lb (567 g) boneless, skinless chicken breast, cut into 4 cutlets
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 8 garlic cloves, thinly sliced
- 3/4 cup (180 ml) low-sodium chicken broth
- 1/3 cup (80 ml) heavy cream
- 1 tsp dried thyme

METHOD

1. Flatten cutlets to an even 1/2 inch (1.3 cm). Pat dry and season with salt and pepper.

2. Heat oil in a wide skillet over medium heat. Sear chicken 4-5 minutes per side, then move to a clean plate.

3. Lower the heat and cook sliced garlic 1 minute without browning. Add broth and thyme; simmer 3 minutes. Add cream and gently reduce 2 minutes.

4. Return chicken and juices. Simmer gently until every cutlet reaches 165 F (74 C) in its thickest part, about 3-7 minutes or longer as needed. Rest 5 minutes.

SAFETY & TIPS

Keep raw poultry and utensils separate from ready-to-eat foods. Do not crowd the skillet. Check every cutlet with a food thermometer; color and time alone do not confirm doneness.

VARIATIONS & SERVING

Add 1/2 tsp smoked paprika for a smoky version or 1/8 tsp cayenne for heat. Serve with steamed vegetables and rice or bread.

STORAGE & REHEATING

Refrigerate covered within 2 hours (1 hour above 90 F / 32 C); keep at 40 F / 4 C or below and use within 3-4 days. Freeze up to 2 months for best quality. Reheat chicken and sides to 165 F / 74 C; warm sauce gently.