Creamy Chicken Thighs

American / Global | Skillet / Stovetop | Easy



PREP 15 min	COOK 30 min	TOTAL 45 min	SERVES 4

Coat cooked thighs in a creamy sauce of roasted red peppers, onion and garlic. Drain the peppers first and keep the cream at a gentle simmer.

INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 3/4 tsp fine salt
- 1/4 tsp black pepper
- 1 tbsp (15 ml) olive oil
- 1 small onion (110 g), finely diced
- 3 garlic cloves, minced
- 1 cup (150 g) roasted red peppers from a jar, drained and chopped
- 1/2 tsp sweet paprika
- 3/4 cup (180 ml) low-sodium chicken broth
- 1/2 cup (120 ml) heavy cream
- 2 tbsp chopped parsley

Ingredient note: Drain jarred peppers well. This sauce is intentionally textured with chopped peppers rather than blended.

Method & notes

15 min prep | 30 min cook | 4 servings

METHOD

Pat thighs dry, season with salt and pepper and cook in oil over medium heat for 5 to 7 minutes per side until every thigh reaches 165°F (74°C). Transfer to a clean plate.
Cook onion in the pan for 4 minutes, adding a tablespoon of water if needed to prevent scorching. Add garlic and paprika for 30 seconds.
Stir in drained peppers and broth, scrape the base clean and simmer for 4 minutes.
Add cream and simmer gently for 3 minutes until the sauce coats a spoon.
Return cooked chicken and its juices, warm briefly and finish with parsley.

SAFE DONENESS

Cook every chicken portion to at least 165°F (74°C), inserting a food thermometer into the thickest meat without touching bone. Check several large pieces when chicken is diced. Timing and color do not replace a thermometer.

TIP

Keep the cream at a gentle simmer and return chicken only at the end.

AVOID

Undrained peppers dilute the sauce. Do not use hot chili peppers in place of sweet roasted peppers without adjusting the amount.

SERVING & VARIATIONS

Serving: Divide creamy roasted-pepper chicken thighs among 4 plates. Serve hot; any additional salad, rice, bread or vegetables are prepared separately.
Spinach: Wilt 2 cups baby spinach into the sauce.
Basil: Replace parsley with 2 tbsp chopped basil.

STORAGE

Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Do not leave a large batch on the counter to cool completely.

FREEZING

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. Cream sauces may separate slightly; stir gently while reheating.

REHEATING

Reheat covered on the stovetop or in the microwave, adding a splash of water or broth if needed and stirring or turning for even heating. Check the thickest portions reach 165°F (74°C). Do not reheat chilled leftovers in a slow cooker.

QUICK ANSWERS

Can I use homemade roasted peppers? Yes, peel, seed and chop them before measuring.
Can I use milk? Milk gives a thinner sauce and may split more easily; use gentle heat.

NUTRITION

Not calculated.

VIDEO REFERENCE

This is the most delicious chicken thighs recipe ever! Simple and quick! (YouTube; mapping retained, playback and schema metadata not verified).

Recipe developed from the supplied importer content.