Marry Me Chicken Recipes

Seared chicken in a creamy garlic and sun-dried tomato pan sauce

SERVES 4	PREP 15 MIN	COOK 25 MIN



INGREDIENTS

Chicken
1 1/2 lb (680 g) boneless, skinless chicken breast
1 tbsp (15 ml) olive oil
1/2 tsp (3 g) fine salt
1/4 tsp (0.5 g) black pepper
3 garlic cloves, minced

Creamy tomato sauce
1/2 cup (75 g) drained sun-dried tomatoes, chopped
3/4 cup (180 ml) chicken broth
1/2 cup (120 ml) cream
1/4 cup (25 g) grated hard cheese made with microbial rennet
1/2 tsp (0.5 g) oregano

To serve
Green salad and bread, if desired

METHOD

1. Cut the chicken into four thin cutlets and season with salt and pepper.

2. Heat the olive oil in a skillet over medium heat. Sear the chicken about 4 minutes per side, then transfer to a plate.

3. Stir the garlic in the pan for 30 seconds. Add the chopped sun-dried tomatoes, broth, cream and oregano; simmer for 3 minutes.

4. Return chicken and its juices to the skillet. Simmer gently for 5-8 minutes, until every cutlet reaches 165°F (74°C). Remove from heat, stir in the cheese and rest 5 minutes.

Tips Keep the sauce at a gentle simmer to prevent it from splitting. Keep raw poultry and its utensils separate from ready-to-eat foods. **Storage** Refrigerate in a shallow covered container within 2 hours and use within 3-4 days. Freeze cooked portions up to 2 months; cream sauce may separate. Reheat chicken to 165°F (74°C) and warm sauce gently.