

One Pot Garlic Chicken

Serves 2-3

What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none">• Chicken breasts, 2-3• Garlic, 5+ cloves• Cream, 150-200ml• Fresh parsley, optional	<ul style="list-style-type: none">• Butter, about 25g• Grated parmesan cheese, a large handful	<ul style="list-style-type: none">• Flour for dusting, optional• Salt & pepper• Chicken stock, about 250ml

Method:

1. Slice the chicken breasts crosswise into thick strips. Tip into a shallow bowl and sprinkle over 1-2 tbsp of well seasoned flour. Heat a dash of olive oil in a frying pan over a medium high heat and fry the chicken 1-2 mins both sides until lightly golden all over (I did this in 2 batches, be sure to shake off any excess flour before adding to the pan)
2. Reduce the heat to medium and add a good knob of butter, I used about 25g, and add as many peeled garlic cloves as you dare - I think I put about 6 or 7 in total, but you could use up to 10 if you wanted! Cook for 5 more minutes stirring most of the time so the chicken doesn't burn
3. After 5 mins, add 250ml chicken stock and simmer for about 10 minutes and until the garlic has softened, and the sauce has thickened. Add 100ml double cream and a good grating of Parmesan, or any cheese that you fancy. Stir it all well and simmer for another 5 mins. Have a little taste and adjust the seasoning if needed. Sprinkle some freshly chopped parsley and serve.

Notes & tips

75 degrees is the temperature at which chicken is cooked. Insert a food thermometer into the thickest part of the meat.

room temperature if time allows, let the meat to come to room temp a bit before cooking, about 10-15 mins will do.

recipe is inspired by one I found on the BBC Good Food website, by Charlotte Pike:

<https://www.bbcgoodfood.com/recipes/one-pot-garlic-chicken>

