

Garlic Cream Sauce over Chicken Breasts

Oscar · 29/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

This garlic cream sauce for chicken is an easy and very tasty way to perk up your midweek menu Very creamy and a sure win for garlic lovers Goes great over grilled or baked chicken breasts

Ingredients

- - 4 skinless
- boneless chicken breast halves - 1 teaspoon dried oregano - 1 teaspoon dried basil - ½ teaspoon salt - ½ teaspoon ground black pepper - 1 tablespoon butter - 1 tablespoon vegetable oil - 3 cloves garlic
- chopped - 1 tablespoon all-purpose flour - 1 cup heavy whipping cream - ½ cup chicken broth - ½ cup freshly grated Parmesan cheese - 2 ounces cream cheese
- softened

Instructions

1. Gather the ingredients. Dotdash Meredith Food Studios Preheat an outdoor grill for medium-high heat and lightly oil the grate. Season chicken breasts with oregano
2. basil
3. salt
4. and pepper. Dotdash Meredith Food Studios Cook on the preheated grill until no longer pink in the center and the juices run clear
5. 5 to 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove from the grill and keep warm. Dotdash Meredith Food Studios While the chicken is cooking
6. heat butter and oil in a saucepan over medium heat until butter melts. Add garlic and sauté until fragrant
7. about 2 minutes. Whisk in flour until incorporated
8. about 1 minute. Dotdash Meredith Food Studios Whisk in cream and broth; cook
9. stirring constantly until mixture thickens
10. 3 to 5 minutes. Add Parmesan and cream cheese; cook
11. stirring occasionally
12. until both have melted
13. about 5 minutes. Dotdash Meredith Food Studios Spoon sauce over chicken breasts and serve remaining sauce on the side. Dotdash Meredith Food Studios