

Creamy Garlic Chicken Gravy

Indulge in this rich and creamy garlic chicken gravy, perfect for drizzling over mashed potatoes or grilled chicken. This easy-to-follow recipe promises a comforting and delicious addition to any meal.


20 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 chicken breast (boneless, skinless)
- 1 tablespoon olive oil
- 2 cloves garlic (minced)
- 1 cup chicken broth
- 1/4 cup heavy cream
- 1 tablespoon all-purpose flour
- Salt and pepper (to taste)
- Fresh parsley (for garnish)

Steps

- 1 Heat olive oil in a skillet over medium heat.
- 2 Season the chicken breast with salt and pepper, then add it to the skillet. Cook for 5-7 minutes on each side until cooked through, then remove and set aside.
- 3 In the same skillet, add minced garlic and sauté for 1 minute until fragrant.
- 4 Sprinkle flour over the garlic and stir for 30 seconds to create a roux.
- 5 Gradually whisk in the chicken broth, ensuring no lumps remain. Bring to a simmer.
- 6 Stir in the heavy cream and let it simmer for another 2-3 minutes until thickened.
- 7 Slice the cooked chicken and return it to the skillet, coating it with the gravy.
- 8 Serve hot, garnished with fresh parsley.