

Creamy Garlic Chicken with Milk Sauce

Indulge in this creamy garlic chicken dish, where tender chicken is enveloped in a luscious milk-based sauce. Perfect for a comforting meal for one, this recipe balances rich flavors with simplicity.



Main Dish

20 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 chicken breast (about 200g)
- 1 cup whole milk
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon butter
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Steps

- 1 Season the chicken breast with salt and pepper on both sides.
- 2 In a skillet, heat olive oil and butter over medium heat.
- 3 Add the chicken breast and cook for about 5-7 minutes on each side until golden brown and cooked through. Remove chicken and set aside.
- 4 In the same skillet, add minced garlic and sauté for 1 minute until fragrant.
- 5 Pour in the milk and stir to combine, scraping any browned bits from the bottom of the pan.
- 6 Let the sauce simmer for about 5 minutes, allowing it to thicken slightly.
- 7 Return the chicken to the skillet, spoon the sauce over it, and cook for an additional 2 minutes.
- 8 Garnish with fresh parsley before serving.