

Creamy Garlic Parmesan Chicken

This delicious creamy garlic parmesan chicken is a delightful main dish that combines tender chicken with a rich, velvety sauce. Perfect for a cozy dinner, it's quick to prepare and utterly satisfying.



Main Dish

20 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 chicken breast
- 1/2 cup milk
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Steps

- 1 Heat olive oil in a skillet over medium heat.
- 2 Season the chicken breast with salt and pepper, then add to the skillet.
- 3 Cook for about 5-7 minutes on each side until golden brown and fully cooked.
- 4 Remove the chicken from the skillet and set aside.
- 5 In the same skillet, add minced garlic and sauté for 1 minute until fragrant.
- 6 Pour in the milk and bring to a gentle simmer.
- 7 Stir in the Parmesan cheese until melted and the sauce thickens.
- 8 Return the chicken to the skillet, coating it with the creamy sauce.
- 9 Garnish with fresh parsley if desired and serve hot.