

Creamy Garlic Parmesan Chicken

A rich and comforting main dish featuring tender chicken simmered in a creamy garlic parmesan sauce made with milk and fresh ingredients.



Main Dish

25 min

Total time

Easy

Difficulty

400

kcal / serving

Ingredients

- 1 small chicken breast (about 150g)
- 1/2 cup milk
- 2 cloves garlic, minced
- 1/4 cup grated parmesan cheese
- 1 teaspoon olive oil
- Salt and pepper to taste
- 1 teaspoon butter
- Fresh parsley for garnish (optional)

Steps

- 1 Season the chicken breast with salt and pepper.
- 2 Heat olive oil and butter in a skillet over medium heat.
- 3 Add the chicken breast and cook for 5-6 minutes on each side until golden and cooked through. Remove from skillet and set aside.
- 4 Lower heat and add minced garlic to the skillet, sauté for 1 minute until fragrant.
- 5 Pour in milk and stir, scraping up any browned bits from the pan.
- 6 Stir in parmesan cheese and cook until sauce thickens slightly, about 3-4 minutes.
- 7 Return chicken to the skillet, spoon the sauce over the chicken and simmer for another 2 minutes.
- 8 Garnish with fresh parsley and serve immediately.