

Creamy Skillet Chicken

Super creamy and flavourful one pan dinner for two

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INGREDIENTS

(makes 2 portions)

- 5-10 branches fresh thyme
- 2 cloves garlic
- 6-8 small potatoes
- 300-400g chicken breast (2 medium chicken breasts)
- 1 medium red onion
- 2 big brown mushrooms
- 200g (about 1 cup) whipping cream (double cream) + same amount of water
- olive oil
- salt & pepper to taste
- 1 – 1 ½ tbsp all purpose flour to thicken the sauce (optional)



DIRECTIONS

1. Start by preparing all the vegetables. Wash the potatoes well and slice into thick slices, peel and quarter the onion, quarter the mushrooms, peel the garlic cloves and smash with a knife.
2. Heat a skillet or an iron (oven proof) pan over medium heat and once warm cover the bottom well with olive oil. Add in a couple of branches of fresh thyme and the garlic cloves. Arrange the potato slices over the base of the pan so that each slice is in contact with the base, if needed, fry the rest on a second round. Cook on medium heat for two minutes, then flip around and cook for another two minutes on the other side. Remove to a plate. Add in some more olive oil if needed and then add the chicken breasts, the onion and the mushroom pieces. Cook on medium heat for two minutes, then flip around and cook for another two minutes on the other side. Remove to a plate.
3. Return the pan to heat with just the thyme and the garlic left and add in the cream and the water. Season with salt and pepper to taste. Cook on medium heat just until the sauce has heated and bubbled a couple of times. Turn off the heat and return everything to the pan.
4. Continue cooking in a preheated oven in 180°C (356°F) bottom top heat in the middle shelf of the oven for 20-30 minutes.
5. Remove from the oven and plate everything apart from the sauce (in case you want to thicken it).
6. Return the pan to heat, add the flour while whisking and heat until the sauce has thickened to your liking. Strain through a sieve for a smoother sauce.
7. Serve the chicken and the vegetables along with the creamy sauce.

TIP. If you don't have an oven proof skillet or a pan, you can do the cooking in a regular pan and then transfer everything into an ovenproof dish for baking.