Treasure Barrel

Creamy Garlic Chicken with Mashed Potatoes

A velvety blend of garlic, parmesan, and cream meets fluffy russet potatoes. This is the ultimate comfort food

15 min	35 min	50 min	4	Medium	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Chicken and Searing

- [ ] 4 boneless, skinless chicken breasts (about 1.5 lbs total)
- [ ] 2 tablespoons olive oil
- [ ] Salt and freshly ground black pepper to taste

Garlic Cream Sauce

- [ ] 4 cloves garlic, minced
- [ ] 2 tablespoons unsalted butter
- [ ] 1 cup heavy cream
- [ ] ½ cup grated Parmesan cheese
- [ ] ¼ cup chicken stock
- [ ] 1 teaspoon dried thyme
- [ ] 1 bay leaf

Mashed Potatoes

- [ ] 4 large russet potatoes, peeled and cut into 1-inch cubes (about 2 lbs)
- [ ] 1/3 cup whole milk, warmed
- [ ] 2 tablespoons unsalted butter
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. First things first, pat your chicken breasts dry with a paper towel. Honestly, it's the only way to get a good sear. Season both sides generously with salt and pepper.

2. Get those 4 large russet potatoes, peeled and cut into 1-inch cubes (about 2 lbs), into a large pot. Cover them with cold water, add a pinch of salt, and bring it to a boil. Let them cook until they're tender, usually about 15 minutes.

3. While the potatoes are doing their thing, heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the chicken breasts and sear them until they're a beautiful golden brown on both sides, about 3–4 minutes per side. Just move them to a plate for a moment.

4. Turn the heat down to medium and add the remaining tablespoon of olive oil. Stir in those 4 cloves garlic, minced, and cook it for about 30 seconds. You'll know it's ready when it smells wonderful in the kitchen.

5. Now, stir in 2 tablespoons unsalted butter, 1 cup heavy cream, ¼ cup chicken stock, 1 teaspoon dried thyme, and 1 bay leaf. Let it simmer gently for 5 minutes, then whisk in the ½ cup grated Parmesan cheese until the sauce is smooth and thickened up a bit.

6. Slide the seared chicken breasts back into the skillet. Spoon that lovely sauce over them, cover the pan, and cook for another 7–10 minutes. You're looking for an internal temperature of 165°F (74°C).

7. Fish out the bay leaf and give the sauce a little stir. Keep the chicken warm on low heat or on a warm plate so it doesn't chill.

8. Drain your potatoes and put them back in the pot. Stir in the 1/3 cup whole milk, warmed, and 2 tablespoons unsalted butter. Mash them with a wooden spoon or masher until they're smooth and creamy, then add salt and pepper to taste.

9. Time to plate! Spoon some of the creamy garlic sauce over mounds of mashed potatoes, then nestle the chicken breasts on top. Drizzle every last bit of that remaining sauce from the skillet over everything.

10. If you have it, garnish with some fresh parsley or chives. Serve it immediately while it's hot and comforting.

Nutrition per serving

680 kcal	44 g	34 g	42 g
Calories	Protein	Carbs	Fat

Tips & notes

- Always pat the chicken dry to ensure the best golden-brown sear.
- Warming the milk for the potatoes prevents them from cooling down too quickly.
- Using a meat thermometer is the best way to ensure the chicken is juicy and safe.