

Treasure Barrel

Marry Me Chicken: Creamy Sun-Dried Tomato Skillet

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

The Chicken

- [ ] 4 boneless, skin-less chicken breasts (6 oz each)
- [ ] 1 tablespoon sea salt
- [ ] 1 teaspoon freshly ground black pepper
- [ ] 1 tablespoon olive oil

The Creamy Sauce

- [ ] 2 cloves garlic, minced
- [ ] 1/4 cup sun-dried tomatoes, drained and chopped (in oil)
- [ ] 1 cup heavy cream
- [ ] 1/2 cup low-fat chicken broth
- [ ] 1/2 cup freshly grated Parmesan cheese
- [ ] 1 teaspoon lemon juice (optional)

Garnish

- [ ] 1 tablespoon fresh parsley, chopped (plus extra for garnish)

Instructions

1. Start by patting your chicken breasts dry with some paper towels; it's a small thing, but it really helps the sear. Season both sides generously with the 1 tablespoon sea salt and 1 teaspoon freshly ground black pepper.
2. Heat your skillet over medium-high heat and add the 1 tablespoon olive oil. Once it's shimmering, add the chicken breasts. Let them sear for 3-4 minutes per side until they're a lovely golden brown, then remove them and set them aside for a bit.
3. Lower the heat to medium and stir in those 2 cloves garlic, minced. Cook for just 30-60 seconds until it smells wonderful—just be sure to stir constantly so you don't burn it, oops!
4. Stir in the 1/4 cup sun-dried tomatoes, drained and chopped (in oil). Give them about 1 minute to warm up and release those rich oils into the pan.
5. Pour in the 1 cup heavy cream and 1/2 cup low-fat chicken broth. Use your spatula to scrape up all those browned bits from the bottom—that's where the real flavor lives. Bring it to a gentle simmer.
6. Now, nestle the chicken back into the skillet, right into that sauce. Reduce the heat to low, cover it up, and let it simmer for 10-12 minutes until the chicken reaches an internal temperature of 165°F.
7. Stir in the 1/2 cup freshly grated Parmesan cheese until it's all melted and the sauce thickens up. If you feel it needs a little something, add a splash of 1 teaspoon lemon juice to brighten things up.

8. Turn off the heat and sprinkle on the 1 tablespoon fresh parsley, chopped. Let the dish rest for about 2 minutes—it just settles the flavors, you know?

9. Spoon the chicken and that rich sauce over your favorite cooked pasta, mashed potatoes, or maybe a piece of crusty bread. I always like an extra drizzle of sauce on top.

10. Well, look at that! You've got a satisfying, melt-in-your-mouth dinner that feels gourmet but was actually quite simple.

Nutrition per serving

480 kcal	38 g	12 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Ensure chicken is patted completely dry for the best golden crust.
- Don't rush the garlic; it only needs a minute before it can turn bitter.
- The resting period at the end is key for a better sauce consistency.