

Indulge in the rich flavors of tender chicken, earthy mushrooms, and vibrant broccoli, all smothered in a velvety cream sauce. This Creamy Broccoli and Mushroom Chicken recipe is a true culinary delight that's perfect for a cozy dinner at home. With simple ingredients and easy preparation, it's a dish that's sure to become a family favorite.

## Ingredients:

- 1 ½ pounds chicken breasts, pounded to 1/2 inch thick
- Salt and pepper, to taste
- 1 tablespoon oil
- 1 tablespoon butter
- 2 cups broccoli florets, cut into 1-inch pieces
- 4 ounces mushrooms, sliced
- ½ teaspoon garlic, minced
- 1 ¼ cups half-and-half cream
- ⅓ cup Parmesan cheese, shredded

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## Instructions:

- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Total Time: 30 minutes
- Yield: 4 servings

1. **Cook Chicken:** Heat oil in a large skillet over medium-high heat. Season chicken breasts with salt and pepper on both sides. Cook for 3-4 minutes per side until cooked through and reaches an internal temperature of 165 degrees F. Remove from the pan

and set aside.

2. **Prepare Vegetables:** In the same skillet, melt butter over medium heat. Add broccoli florets and sliced mushrooms. Stir-fry until the broccoli is almost tender. Add minced garlic and cook for another 30 seconds.
3. **Make Cream Sauce:** Pour in half-and-half cream and bring to a simmer while stirring. Continue to stir and cook until slightly thickened. Mix in shredded Parmesan cheese, and season with salt and pepper to taste.
4. **Combine Chicken and Sauce:** Add the cooked chicken back into the skillet, coating it in the creamy sauce and vegetables. Allow it to simmer for a few minutes to heat through.
5. **Serve:** Serve the Creamy Broccoli and Mushroom Chicken over rice or pasta, garnishing with additional Parmesan cheese and freshly ground black pepper if desired.



Creamy Broccoli and Mushroom Chicken

## Notes:

- Feel free to customize the recipe by adding your favorite herbs or spices to the cream sauce for extra flavor.
- For a lighter version, you can use milk or a combination of milk and chicken broth instead of half-and-half cream.
- Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

## Cooking Techniques:

- Pound the chicken breasts to an even thickness to ensure uniform cooking.
- Be careful not to overcook the chicken to keep it juicy and tender.

## FAQs:

**Q:** Can I use frozen broccoli instead of fresh?

**A:** Yes, frozen broccoli can be used in this recipe. Simply thaw it before adding it to the skillet.

**Q:** What can I serve with Creamy Broccoli and Mushroom Chicken?

**A:** This dish pairs well with rice, pasta, or mashed potatoes. You can also serve it with a side salad or crusty bread for a complete meal.

## Conclusion:

Creamy Broccoli and Mushroom Chicken is a comforting and satisfying dish that's perfect for any night of the week. With its creamy sauce and tender chicken, it's sure to please even the pickiest of eaters. So gather your ingredients and prepare to enjoy a delicious and hearty meal that's as easy to make as it is delicious!