



Chicken and Potatoes Dijon Bake

Introduction

Indulge in the delightful flavors of Chicken and Potatoes with Dijon Cream Sauce, a comforting dish perfect for any occasion. This recipe combines juicy chicken breasts and tender baby potatoes, all enveloped in a luscious Dijon-infused cream sauce. Easy to prepare and packed with flavor, it's sure to please everyone at the dinner table.

Detailed Ingredients with measures

- 4 boneless, skinless chicken breasts

- 1 lb baby potatoes, halved
- 1 tbsp olive oil
- 2 tbsp butter
- 3 garlic cloves, minced
- 1 cup chicken broth
- 1 cup heavy cream
- 2 tbsp Dijon mustard
- 1 tsp thyme (fresh or dried)
- Salt and black pepper to taste
- Fresh parsley for garnish

Prep Time

50 minutes

Cook Time, Total Time, Yield

Cook Time: 30 minutes

Total Time: 50 minutes

Yield: 4 servings

Prepare yourself for a delightful kitchen experience with this Chicken and Potatoes with Dijon Cream Sauce recipe. Enjoy the comforting combination of flavors that will leave your guests raving about this satisfying meal.

Detailed Directions and Instructions

Step 1: Preheat Oven

Preheat your oven to 400°F (200°C).

Step 2: Prepare Chicken

Season the chicken breasts generously with salt and black pepper. Heat olive oil in a skillet over medium-high heat. Sear the chicken breasts until they are golden brown on both sides. Remove the chicken from the skillet and set it aside.

Step 3: Make the Sauce

In the same skillet, add the butter and let it melt. Once melted, add the minced garlic and sauté until fragrant, about 1 minute. Next, pour in the chicken broth and heavy cream, followed by the Dijon mustard and thyme. Stir the mixture well and allow the sauce to simmer for 3-4 minutes.

See also Eggless Lemon Loaf Cake

Step 4: Combine Potatoes and Sauce

Add the halved baby potatoes to the sauce, tossing them to ensure they are well-coated. Transfer the potato and sauce mixture to a baking dish. Place the seared chicken breasts on top of the potatoes.

Step 5: Bake

Place the baking dish in the preheated oven. Bake for 25-30 minutes, or until the chicken is cooked through and the potatoes are tender.

Step 6: Serve

Once cooked, remove the dish from the oven. Garnish with fresh parsley before serving warm.

Notes

Serving Suggestions

This dish pairs well with a side salad or steamed vegetables for a complete meal.

Storage Instructions

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

Tip for Extra Flavor

For added depth, consider marinating the chicken breasts with some Dijon mustard and herbs before searing.

Cooking Tip

Make sure to check the internal temperature of the chicken; it should reach 165°F (75°C) for safe consumption.

Cook techniques

Searing Chicken

Searing the chicken breasts in olive oil over medium-high heat creates a flavorful brown crust that enhances the dish's overall taste. Make sure the skillet is hot before adding the chicken to achieve the best sear.

Sautéing Garlic

Sautéing minced garlic in butter until fragrant allows the garlic to release its essential oils and flavors, which become infused into the sauce. This step is crucial for a rich and aromatic base.

Simmering Sauce

Simmering the sauce made with chicken broth, heavy cream, Dijon mustard, and thyme allows the flavors to meld together. This step thickens the sauce slightly, giving it a creamy consistency that coats the chicken and potatoes.

See also [Kutia](#)

Coating Potatoes

Tossing the halved baby potatoes in the simmering sauce ensures they absorb all the flavors. This technique makes them flavorful and helps them cook evenly in the oven.

Baking

Baking the chicken and potatoes together in the oven ensures even cooking. This method allows the chicken to stay moist while the potatoes become tender. Using a baking dish also helps capture any juices that can be spooned over the finished dish.

Garnishing

Garnishing with fresh parsley adds a pop of color and a fresh flavor contrast, making the dish visually appealing and enhancing the overall dining experience.

FAQ

Can I use bone-in chicken instead of boneless?

Yes, bone-in chicken can be used, but you may need to adjust the cooking time to ensure it is fully cooked through.

What can I substitute for heavy cream?

You can substitute heavy cream with half-and-half, whole milk, or a dairy-free cream alternative, but the richness of the sauce may vary.

How do I know when the chicken is cooked through?

The chicken is cooked through when it reaches an internal temperature of 165°F (75°C) and the juices run clear.

Can I use other vegetables with this recipe?

Yes, you can incorporate other vegetables such as carrots, green beans, or bell peppers. Make sure to cut them into similar sizes for even cooking.

Is Dijon mustard essential for this recipe?

While Dijon mustard adds a distinctive flavor, you can use other types of mustard if you prefer, though the flavor profile will change slightly.

Conclusion

The Chicken and Potatoes with Dijon Cream Sauce recipe is a delightful and comforting dish that combines the flavors of succulent chicken, tender baby potatoes, and a creamy, tangy Dijon sauce. This 50-minute

meal is perfect for weeknight dinners or special occasions, offering a satisfying experience for family and friends. The combination of garlic, thyme, and Dijon mustard enhances the overall taste, making it a dish that's sure to impress.

See also [Cherry Pie Bites](#)

More recipes suggestions and combination

Chicken with Lemon Garlic Sauce

Try pairing chicken with a bright and zesty lemon garlic sauce for a refreshing twist. Serve with steamed broccoli or a side salad.

Roasted Vegetables

Accompany your chicken and potatoes with roasted seasonal vegetables such as carrots, zucchini, and bell peppers for added color and flavor.

Herbed Mashed Potatoes

Switch up the potato preparation by making creamy herbed mashed potatoes instead. The herbs can complement the Dijon sauce wonderfully.

Mustard Glazed Carrots

Add a side of mustard glazed carrots to harmonize with the Dijon flavor, creating a cohesive and tasty meal.

Garlic Parmesan Bread

Serve with warm garlic parmesan bread to soak up the delicious cream

sauce, adding a delightful bread element to your meal.

Creamy Tuscan Chicken

Explore a different chicken recipe with creamy Tuscan chicken featuring sun-dried tomatoes, spinach, and parmesan for a rich and savory flavor profile.