



# 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.