



Garlic Butter Chicken Recipe Delight

Introduction

Garlic Butter Chicken is a deliciously simple dish that will make your dining experience delightful. The combination of tender chicken breasts, rich garlic butter sauce, and a sprinkle of fresh parsley creates a mouthwatering meal that is perfect for weeknight dinners or special occasions. This recipe is not only easy to follow but also incredibly satisfying.

Detailed Ingredients with measures

4 boneless, skinless chicken breasts Salt and pepper, to taste 1
teaspoon paprika 1 teaspoon Italian seasoning 2 tablespoons olive oil 4
tablespoons unsalted butter 6 cloves garlic, minced Fresh parsley,
chopped (for garnish)

Prep Time

15 minutes

Cook Time

15 minutes

Total Time

30 minutes

Yield

4 servings

Instructions

1. Prepare the Chicken: Season both sides of the chicken breasts with salt, pepper, paprika, and Italian seasoning. 2. Sear the Chicken: In a large skillet, heat the olive oil over medium-high heat. Add the

seasoned chicken breasts and sear for 4-5 minutes on each side until they develop a golden-brown crust. Once seared, remove the chicken from the skillet and set aside. 3. Prepare the Garlic Butter Sauce: Reduce the heat to medium and add the unsalted butter to the same skillet. Once the butter has melted, add the minced garlic and sauté for about 1-2 minutes until fragrant, being careful not to burn the garlic. 4. Combine and Simmer: Return the seared chicken breasts to the skillet, placing them in the garlic butter sauce. Spoon the sauce over the chicken to ensure they are well-coated. Allow the chicken to simmer in the sauce for an additional 5-7 minutes, or until the internal temperature reaches 165°F (75°C), indicating they are fully cooked.

See also Pumpkin French Toast Casserole

5. Garnish and Serve: Sprinkle freshly chopped parsley over the chicken for added flavor and a pop of color. Serve immediately with your choice of sides, such as mashed potatoes, steamed vegetables, or crusty bread to soak up the delicious sauce. This Garlic Butter Chicken is a flavorful and easy-to-make dish that's perfect for any occasion. Enjoy your meal!

Detailed Directions and Instructions

Prepare the Chicken:

- Season both sides of the chicken breasts with salt, pepper, paprika, and Italian seasoning.

Sear the Chicken:

- In a large skillet, heat the olive oil over medium-high heat.
- Add the seasoned chicken breasts and sear for 4-5 minutes on each side until they develop a golden-brown crust.
- Once seared, remove the chicken from the skillet and set aside.

Prepare the Garlic Butter Sauce:

– Reduce the heat to medium and add the unsalted butter to the same skillet. – Once the butter has melted, add the minced garlic and sauté for about 1-2 minutes until fragrant, being careful not to burn the garlic.

Combine and Simmer:

– Return the seared chicken breasts to the skillet, placing them in the garlic butter sauce. – Spoon the sauce over the chicken to ensure they are well-coated. – Allow the chicken to simmer in the sauce for an additional 5-7 minutes, or until the internal temperature reaches 165°F (75°C), indicating they are fully cooked.

Garnish and Serve:

– Sprinkle freshly chopped parsley over the chicken for added flavor and a pop of color. – Serve immediately with your choice of sides, such as mashed potatoes, steamed vegetables, or crusty bread to soak up the delicious sauce.

See also Chicken Salad with Apples

Notes

Chicken Preparation:

– Ensure chicken breasts are of uniform thickness for even cooking.

Garlic Cooking:

– Stir the garlic frequently to prevent burning and maintain its flavor.

Serving Suggestions:

- Pair with simple sides that complement the rich garlic butter sauce.

Cook techniques

Seasoning the Chicken

Seasoning the chicken breasts before cooking enhances their flavor. Use salt, pepper, and spices like paprika and Italian seasoning to create a delicious base.

Searing the Chicken

Searing the chicken on medium-high heat locks in moisture and creates a golden-brown crust, which adds texture and depth of flavor to the dish.

Making Garlic Butter Sauce

In the same skillet used for searing, melting butter and sautéing minced garlic creates a rich sauce. Sauté the garlic just until fragrant to avoid burning, which can alter the flavor.

Simmering for Flavor

Returning the chicken to the skillet and allowing it to simmer in the garlic butter sauce ensures that it absorbs all the flavors, while also cooking it to the proper temperature.

Garnishing

Sprinkling freshly chopped parsley before serving not only adds a pop of color but also freshness that complements the rich garlic butter sauce.

FAQ

Can I use chicken thighs instead of breasts?

Yes, chicken thighs can be used in place of breasts. They may require slightly longer cooking time due to their higher fat content.

What sides pair well with Garlic Butter Chicken?

Good sides include mashed potatoes, steamed vegetables, rice, or crusty bread to soak up the garlic butter sauce.

Can I make this ahead of time?

While the chicken is best served fresh, you can prepare the garlic butter sauce in advance and reheat it when ready to cook the chicken.

See also Crock Pot Beef Stroganoff

Is it possible to make this dish dairy-free?

Yes, you can substitute the butter with vegan butter or olive oil for a dairy-free version of the dish.

What should the internal temperature of the chicken be?

The chicken should reach an internal temperature of 165°F (75°C) to ensure it is fully cooked and safe to eat.

Conclusion

This Garlic Butter Chicken recipe brings together the rich flavors of garlic and butter with perfectly cooked chicken, making it a satisfying meal for any occasion. It's easy to prepare and can be complemented

with a variety of sides, enhancing your dining experience.

More recipes suggestions and combination

Lemon Herb Chicken

Marinate chicken breasts in a mixture of lemon juice, olive oil, garlic, and your favorite herbs, then grill or bake for a refreshing flavor.

Honey Garlic Chicken Thighs

Coat chicken thighs in a sweet and savory mixture of honey, soy sauce, and garlic, then roast in the oven until crispy and caramelized.

Spicy Garlic Shrimp

Sauté shrimp with garlic, red pepper flakes, and a splash of lemon juice for a delightful seafood dish that pairs well with rice or pasta.

Garlic Parmesan Roasted Cauliflower

Toss cauliflower florets in olive oil, garlic, and Parmesan cheese, then roast until golden brown for a delicious vegetarian side.

Creamy Garlic Mushroom Pasta

Prepare a creamy sauce with garlic, mushrooms, and heavy cream, then toss with your choice of pasta for a rich and indulgent meal.





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