

One-Pan Creamy Garlic Chicken

Tastes like a restaurant dish, uses one pan, and the sauce is the best bit.

Serves 2

Prep 5 min

Cook 20 min

3g
CARBS
PER SERVING

Chicken and sauce. Green beans or broccoli on the side add about 3g a serving.

You'll need

- ☐ 4 boneless chicken thighs, skin on (about 500g)
- ☐ 1 tbsp butter (about 15g)
- ☐ 3 garlic cloves, chopped small
- ☐ 150ml double cream
- ☐ 50g spinach (two big handfuls)
- ☐ 30g parmesan, grated
- ☐ Salt and pepper, to taste

Method

- 1 Pat the chicken dry with kitchen roll and season both sides with salt and pepper.
- 2 Heat the butter in a large frying pan on a medium-high heat. Put the chicken in skin side down.
- 3 Cook for 7 to 8 minutes without moving it, until the skin is golden and crisp.
- 4 Turn the chicken over and cook for another 7 minutes.
- 5 Check it's cooked (see Food safety below), then lift the chicken onto a plate.
- 6 Turn the heat down to low. Add the garlic and stir for 1 minute. Don't let it go brown.
- 7 Pour in the cream, add the parmesan and stir until it bubbles gently. Add the spinach and stir until it wilts.
- 8 Put the chicken back in, skin side up, spoon over the sauce and serve.

TIP

Serve with green beans or broccoli to soak up the sauce.

SWAPS

Chicken breasts work too. They're thicker, so turn the heat down a little and keep checking until there's no pink in the middle, about 6 to 8 minutes each side.

STORING IT

Cool, cover and keep in the fridge for up to 2 days. Reheat until steaming hot all the way through, and only reheat once.

FOOD SAFETY

Chicken must be cooked all the way through. Cut into the thickest piece: it should be steaming hot, with no pink meat, and the juices should run clear. With a food thermometer, the middle should reach 75°C. Use a separate board (red) and wash your hands after touching raw chicken.