

Choco Fever Dream

Creamy Garlic Chicken With Mashed Potatoes

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

For the Chicken

- [ ] 4 bone-in, skin-on chicken thighs (about 4 oz each)
- [ ] 1 tablespoon olive oil
- [ ] 1 teaspoon salt, divided
- [ ] ½ teaspoon freshly ground black pepper, divided
- [ ] 1 teaspoon garlic powder
- [ ] ½ teaspoon smoked paprika

For the Garlic Sauce

- [ ] 3 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] ½ cup low-sodium chicken broth
- [ ] 2 tablespoons grated Parmesan cheese
- [ ] 1 tablespoon unsalted butter

For the Mashed Potatoes

- [ ] 3 medium russet potatoes (about 800 g)
- [ ] ¼ cup whole-milk or plant-based milk
- [ ] 4 tablespoons unsalted butter
- [ ] Salt and pepper to taste

Garnish

- [ ] Fresh parsley, chopped, for garnish

Instructions

1. First things first, go ahead and preheat your oven to 400°F (200°C). It's always better to have it nice and hot before the chicken goes in.

2. Now, pat those 4 bone-in, skin-on chicken thighs dry with some paper towels—this is the secret to getting that skin just right. In a small bowl, mix together ¾ teaspoon of salt, ¼ teaspoon pepper, garlic powder, and paprika. Gently rub that mixture all over the chicken thighs until they're well coated.

3. Heat your olive oil in a cast-iron skillet over medium-high heat. Once it's shimmering, sear the chicken thighs skin-side down. You're looking for that beautiful golden brown color, which usually takes about 4–5 minutes. Flip them over and sear the other side for another 3 minutes.

4. Slide the whole skillet right into the preheated oven. Let them roast for 18–20 minutes, or until the internal temperature reaches 165°F (75°C). Once they're done, move the chicken to a plate and tent them loosely with foil; just let them rest for a bit.

5. Put that skillet back on the stove over medium heat. Toss in the minced garlic and stir for about 30 seconds until it smells wonderful. Pour in the heavy cream and chicken broth, stirring well to deglaze the pan—you want to scrape up all those lovely browned bits from the bottom.

6. Stir in the Parmesan cheese and butter. Let the sauce simmer gently for 4–5 minutes until it thickens up. Give it a taste and add salt, pepper, and the remaining ¼ teaspoon salt if you feel it needs it.

7. While your sauce is simmering, peel those russet potatoes and cut them into evenly sized cubes. Put them in a large pot of salted water and bring to a boil, then simmer for 15–18 minutes until they are fork-tender.

8. Drain the potatoes and put them back in the pot. Stir in the ¼ cup milk and 4 tablespoons butter. Mash them with a potato masher or ricer until they're smooth and velvety. A bit of salt and pepper to taste here, too.

9. If you like, you can slice each roasted chicken thigh for a prettier look. Arrange them on a plate, spoon that creamy garlic sauce right over the top, and add a generous mound of mashed potatoes on the side.

10. Finally, sprinkle some chopped parsley over everything for a little pop of color and freshness. Serve it up immediately while it's still warm.

Nutrition per serving

680 kcal	41 g	32 g	42 g
Calories	Protein	Carbs	Fat

Tips & notes

- Resting the chicken is key to keeping it juicy.
- Deglazing the pan captures the deepest flavors of the roast.
- Using a ricer for the potatoes ensures a perfectly smooth texture.