



Choco Fever Dream

Marry Me Chicken: Creamy Sun-Dried Tomato Skillet

10 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

30 min

Total time

Italian-American

Cuisine

Ingredients

Main Ingredients

- ☐ 4 boneless, skinless chicken breasts (about 6 oz each)
- ☐ 2 tablespoons olive oil
- ☐ Salt and freshly ground black pepper, to taste

For the Creamy Sauce

- ☐ 1 cup sun-dried tomatoes, sliced (oil-packed or rehydrated)

- ☐ 4 cloves garlic, minced
- ☐ 1/2 cup dry white wine
- ☐ 1 cup heavy cream
- ☐ 3/4 cup freshly grated Parmesan cheese
- ☐ 1/4 cup chopped fresh basil
- ☐ Optional: 1 tablespoon unsalted butter, for extra silky texture

Instructions

- 1** Start by seasoning those chicken breasts generously with salt and pepper. I mean, don't be shy here; it's the foundation of the flavor.
- 2** Get your olive oil heating up in a large skillet over medium-high heat. You'll know it's ready when it shimmers just a bit.
- 3** Sear the chicken for about 3-4 minutes per side. We're looking for a lovely golden brown crust. Once they look just right, move them to a plate and set them aside for a moment.
- 4** Turn the heat down to medium. Toss in your minced garlic and sauté for about 30 seconds. Wow, the smell at this point is just wonderful.
- 5** Add in those sliced sun-dried tomatoes. Give them a good stir and let them heat through for about 1 minute.
- 6** Now, deglaze the pan with the white wine. Use your spoon to scrape up all those browned bits from the chicken—that's where the magic is. Let it bubble and reduce until it's nearly translucent, which takes about 2 minutes.
- 7** Stir in the heavy cream and bring it to a gentle simmer. Whisk in the Parmesan cheese slowly until it's all melted and the sauce starts to thicken up slightly.

- 8 Nestle those seared chicken breasts back into the pan, right into that velvety sauce. You can cover it or leave it open; just simmer until the chicken hits an internal temperature of 165°F, usually about 9-11 minutes.
- 9 Stir in your fresh basil. Honestly, the color is just beautiful. Add a pinch more salt or pepper if you feel it needs it, and swirl in that optional butter for a really rich, silky finish.
- 10 Serve it up immediately. Spoon plenty of that luscious sauce over the chicken and, if you're feeling fancy, garnish with extra Parmesan and basil.

Nutrition per serving

520 kcal

Calories

34 g

Protein

12 g

Carbs

38 g

Fat

Tips & notes

- Make sure to use a skillet large enough so the chicken isn't crowded.
- The white wine adds a lovely acidity that cuts through the richness of the cream.
- Using freshly grated Parmesan melts much smoother than the pre-shredded kind.