



Choco Fever Dream

Super Easy Chicken Marsala Recipe

10 min

Prep time

4

Servings

15 min

Cook time

Easy

Difficulty

25 min

Total time

Italian-American

Cuisine

Ingredients

The Chicken

- ☐ 4 boneless, skinless chicken breasts
- ☐ Salt and freshly ground black pepper to taste
- ☐ 2 tbsp all-purpose flour

The Sauce

- ☐ 3 tbsp olive oil
- ☐ 3 tbsp unsalted butter

- ☐ 8 oz sliced fresh mushrooms
- ☐ 2 cloves garlic, minced
- ☐ 1 cup dry Marsala wine
- ☐ 1 cup low-sodium chicken broth

Garnish

- ☐ 2 tbsp chopped fresh parsley, for garnish

Instructions

- 1** First, just pat your chicken dry with some paper towels. It's a little extra step, but it helps the seasoning stick. Season both sides generously with salt and pepper.
- 2** Place your 2 tbsp all-purpose flour in a shallow dish; dredge each chicken breast in the flour, shaking off the excess. We just want a light coating, nothing too heavy.
- 3** Heat 2 tbsp olive oil in a large skillet over medium-high heat. Add the chicken breasts and sear them until they're a beautiful golden brown on both sides, about 3-4 minutes per side. Once they look just right, remove the chicken and set them aside.
- 4** In that same skillet—don't wash it, that's where the flavor is!—add the 8 oz sliced fresh mushrooms. Sauté them until they release their moisture and start to brown, which usually takes about 5 minutes.
- 5** Now, add the 2 cloves garlic, minced, and cook for another 30 seconds. You'll know it's ready when it smells wonderful in the kitchen.
- 6** Pour in the 1 cup dry Marsala wine. Use a wooden spoon to scrape up all those lovely browned bits from the bottom of the pan; let it reduce by half, about 3 minutes.
- 7** Stir in the 1 cup low-sodium chicken broth and bring the whole mixture to a gentle simmer.
- 8** Return those seared chicken breasts to the skillet, spooning some sauce over them. Simmer uncovered for 8 minutes, flipping once, until the chicken reaches 165°F internally and the sauce has thickened slightly.

- 9 To finish the sauce, stir in the 3 tbsp unsalted butter. Give it a taste and adjust the seasoning with a bit more salt or pepper if you think it needs it.
- 10 Transfer the chicken to a serving plate, spoon that rich sauce right over the top, and garnish with the 2 tbsp chopped fresh parsley before serving. Wow, it looks just lovely.

Nutrition per serving

375 kcal

Calories

38 g

Protein

12 g

Carbs

18 g

Fat

Tips & notes

- Patting the chicken dry is the secret to getting that perfect golden sear.
- Don't rush the wine reduction; it concentrates the flavor and removes the raw alcohol taste.
- Using a wooden spoon to deglaze the pan captures all the caramelized chicken bits.