

Choco Fever Dream

Texas Roadhouse Smothered Chicken

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Southern** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lb bone-in, skinless chicken thighs
- [ ] 3 tbsp unsalted butter
- [ ] 3 garlic cloves, minced
- [ ] 1 cup low-sodium chicken broth
- [ ] 2 tsp lemon juice
- [ ] 1 tbsp fresh parsley, chopped
- [ ] Salt and pepper to taste

For the Sauce

- [ ] ½ cup heavy cream (optional for extra richness)
- [ ] ¼ tsp smoked paprika
- [ ] Pinch of red pepper flakes (optional)

Instructions

1. Pat the chicken thighs dry, season with salt and pepper, and sear them skin-side down in a hot skillet with 2 tbsp butter until golden, about 4-5 minutes.
2. Flip the chicken, add the remaining butter and minced garlic, sauté for 1 minute until fragrant, then pour in the chicken broth, scraping up any browned bits.
3. Reduce heat to low, cover the pan, and let the chicken simmer for 15-18 minutes, or until the meat reaches 165°F (74°C).
4. Stir in lemon juice, smoked paprika, and optional cream; let the sauce thicken for 2-3 minutes, then garnish with fresh parsley before serving.

Nutrition per serving

420 kcal	35 g	5 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker sauce, let it reduce uncovered for an extra few minutes.
- A splash of white wine can replace part of the broth for a subtle depth.
- Store any leftovers in a shallow container to cool evenly.