

Marry Me Chicken

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Category: Entrees

Servings: 4

Preparation Time: 25 min

Cooking Time: 25 min + 30 min baking

A note before you start:

I researched a lot of versions of this dish and I have taken what I feel is the best from all the recipes I reviewed and created my own version of this delicious dish.

Ingredients:

3 boneless, skinless chicken breasts
1 medium yellow onion
6 cloves of garlic - thinly sliced
1/3 cup of julienned sundried tomatoes packed in oil (these can be purchased in strips which saves time)
1 cup of dry white wine (Pinot Grigio or Sauvignon Blanc)
1 1/2 cups of chicken stock
1 cup of heavy cream
2 Tbsp of olive oil
2 Tbsp of unsalted butter
1 Tbsp of Dijon mustard
1 tsp of dried oregano
1 tsp of dried thyme
1 tsp of onion powder
1 tsp of garlic powder
Salt and pepper to taste

Optional additions:

1/2 cup of fresh basil leaves
2 cups of fresh baby spinach
1/2 cup of freshly grated Parmesan cheese

Step 1: Preheat the oven to 350 degrees. Rinse and pat dry the chicken breasts and cut each breast in half lengthwise to be of equal thicknesses.

Step 2: In a mixing bowl add 1 Tbsp of olive oil, 1 tsp of onion powder and 1 tsp of garlic powder and mix well. Add the chicken breasts and mix making sure the olive oil mixture seasons all the chicken pieces. Set aside.

Step 3: Finely dice the onion and thinly slice the garlic cloves and set aside. Measure 1/3 cup of sundried tomatoes and reserve 1 Tbsp of sundried tomato oil.

Step 4: In a large saute pan, add 1 Tbsp of olive oil and heat through on medium high heat. Add the chicken breasts and sear each side for 3 minutes. Once both sides are seared, remove to a baking dish.

Step 5: To the same saute pan, add 1 Tbsp of sundried tomato oil and 2 Tbsp of unsalted butter and heat on medium low heat. Add the diced onion, dried oregano and dried thyme and cook stirring often until the onions are translucent; about 5-6 minutes. Add the thinly sliced garlic cloves and cook one minute longer.

Step 6: Deglaze the pan with white wine and reduce by half. Add the dijon mustard, and mix in thoroughly. Add the chicken stock, heavy cream, sundried tomatoes, and pinch of chili flakes if using. Simmer on medium heat until thickened; about 10 minutes. Add the other optional ingredients if using and simmer just until the spinach leaves are wilted.

Step 7: Pour the sundried tomato sauce over the chicken breast and cover the dish with foil. Heat for 25-30 minutes.

To serve:

I recommend serving the chicken over buttered noodles or mashed potatoes.

Buon Appetito!



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