



Creamy garlic chicken

Recipe by Chelsea Goodwin,
from 'Money-saving Meal Plans with Chelsea'



Serves 4



Prep Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS

- 2 chicken breast fillets, halved horizontally
- 2 teaspoons olive oil

Creamy Garlic Sauce:

- 3-4 cloves garlic, crushed
- ⅓ cup finely grated parmesan
- 2 tablespoons unsalted butter
- 300ml thickened cream
- 2 teaspoons dried Italian herbs
- ½ teaspoon chicken stock powder
- 1 teaspoon lemon juice (optional)
- 1 tablespoon cornflour (optional – see notes)

To Serve:

- Steamed rice or mashed potato
- Steamed green beans or broccolini
- 1 tablespoon finely chopped flat-leaf parsley leaves

NOTES

Chicken:

If your chicken pieces are quite uneven in thickness, you may want to pound them flat with a mallet or rolling pin (cover with baking paper), to ensure they cook evenly.

Consistency:

For a slightly thicker consistency, mix a cornflour slurry of 1 tablespoon of cold water and 1 tablespoon cornflour in a small bowl. Add to the sauce in step 4, after melting the parmesan. Stir it through and simmer for a couple of minutes.



Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app





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DIRECTIONS

Prep:

- If serving with rice and greens, start cooking the rice, and trim and wash the greens.
- Using a sharp knife, cut the chicken breasts in half horizontally. Season with salt and pepper.
- Crush the garlic cloves, finely grate the parmesan and finely chop the parsley.

Cook:

1. Heat the oil in a large frying pan over medium-high heat and cook the chicken breast pieces for about 4 minutes on each side, or until golden brown and cooked through. Transfer to a plate and set aside.
2. Turn the heat down to medium-low. Add the butter and once melted, add the crushed garlic. Cook, stirring, for 1 minute, taking care not to let it burn.
3. Add the cream, Italian herbs and stock powder then bring to a gentle simmer. While the sauce is coming to a simmer, start steaming the greens.
4. Add the parmesan and lemon juice (if using) to the pan and stir until the parmesan melts. For a thicker sauce, stir in a cornflour slurry (see notes). Taste and season with salt and pepper.
5. Add the chicken back into the pan and simmer for another minute or two. Serve the chicken over rice with steamed beans. Spoon over the creamy sauce and sprinkle with parsley.



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