



Foodicious
RECIPES

Creamy Juice Chicken

Ingredients

- 2 large chicken breasts, sliced into thin cutlets
- ½ cup all-purpose flour
- Salt and black pepper, to taste
- 2 tbsp olive oil (or sun-dried tomato oil for extra flavor)
- 1 tbsp butter
- 3 garlic cloves, minced
- ½ cup chicken broth
- ¾ cup heavy cream
- ⅓ cup grated Parmesan cheese
- 1 tsp chili flakes (optional)
- ½ tsp dried oregano
- ½ tsp dried thyme
- ⅓ cup chopped sun-dried tomatoes
- Fresh basil leaves, for garnish

Instructions

1. Lightly season the flour with salt and pepper, then dredge the chicken cutlets in the mixture. Shake off any excess and set aside on a plate in a single layer.
2. In a large skillet over medium heat, heat the olive oil and melt the butter. Sear the chicken on both sides until golden brown (about 3–4 minutes per side). Transfer to a warm plate and cover to keep moist.

3. In the same skillet, sauté garlic for about 30 seconds until fragrant. Pour in the chicken broth and deglaze the pan, scraping up the flavorful bits.
4. Stir in the heavy cream and Parmesan cheese. Let it simmer gently until slightly thickened. Add chili flakes, oregano, and thyme. Season with salt and pepper to taste.
5. Stir in the sun-dried tomatoes, then return the chicken to the skillet. Let everything simmer for a few more minutes until the chicken is fully cooked and the sauce is rich and creamy.
6. Garnish with fresh basil. Serve hot over pasta, rice, or with crusty bread.