



☆☆☆☆☆ No ratings yet

Copycat Carrabba's Chicken Bryan

This Copycat Carrabba's Chicken Bryan is a family favorite. The lemon butter sauce with fresh basil and sun-dried tomatoes is truly amazing.

PREP TIME:
30 minutes

COOK TIME:
30 minutes

TOTAL TIME:
1 hour

SERVES:
4

CALORIES: 750

Ingredients

Marinade Ingredients

- 2-3 tablespoons olive oil
- 1 teaspoon dried Italian seasoning
- 1 lemon, juice from lemon about 1/4 cup
- 2 teaspoons garlic paste can also use minced garlic
- 4 boneless skinless chicken breasts

Lemon Butter Sauce Ingredients

- 1/2 cup salted butter 1 stick
- 2 teaspoons garlic paste or minced garlic
- 1/4 cup lemon juice
- 1/4 cup heavy cream
- 1-2 tablespoons oil from the jar of herb-marinated sun dried tomatoes
- 1/4 cup chopped fresh basil

Additional Ingredients

- 1/2 cup herb-marinated sun dried tomatoes
- 4 oz goat cheese
- Fresh basil

Instructions

- 1 Combine marinade ingredients in a gallon size Ziploc bag. Squish around the chicken and marinade so that all the chicken is fully coated. Refrigerate for a minimum of 30 minutes.
- 2 After chicken has marinated, pre-heat grill on high heat for 15 minutes. Remove chicken from marinade and discard bag. Place chicken on grill and cook on each side for 10-12 minutes or until chicken is cooked to an internal temperature of 165°F. Adjust grill heat while cooking to ensure that there is a little bit of char, but the meat does not burn or catch on fire.
- 3 While chicken is grilling, prepare the lemon butter sauce. Heat butter in a skillet over medium heat. Add the garlic paste, basil, and tomato oil to the butter and saute for 1-2 minutes.
- 4 Squeeze lemon juice into the butter mixture and whisk to combine. Reduce heat to low. Slowly drizzle heavy cream into the skillet while whisking. Continue cooking on low for 2-3 minutes until sauce is well emulsified and thickened slightly. Remove from heat.
- 5 Plate one piece of grilled chicken. Spoon several tablespoons of sauce over the chicken. Top with a spoonful of sundried tomatoes and 1 oz. of goat cheese. Serve with additional sauce.

Nutrition Information:

Calories: 750kcal (38%) **Carbohydrates:** 34g (11%) **Protein:** 60g (120%)
Fat: 52g (80%) **Saturated Fat:** 25g (125%) **Polyunsaturated Fat:** 3g
Monounsaturated Fat: 17g **Trans Fat:** 1g **Cholesterol:** 245mg (82%)
Sodium: 641mg (27%) **Potassium:** 1909mg (55%) **Fiber:** 3g (12%)
Sugar: 18g (20%) **Vitamin A:** 1645IU (33%) **Vitamin C:** 288mg (349%)
Calcium: 137mg (14%) **Iron:** 3mg (17%)

Course: Dinner Cuisine: chicken, copycat Keyword: basil, cheese, lemon butter

did you make this recipe?

Tag me on Instagram at @familyfreshmeals or leave me a comment & rating below.