

# Garlic Parmesan Chicken And Potatoes



- 10 min
- 40 min
- 6 Servings

## INGREDIENTS

- ☐ Chicken Thighs (6)
- ☐ Italian Herbs (1 tbsp)
- ☐ Unsalted Butter (1/4 cup)
- ☐ Baby Spinach (3 cups)
- ☐ Potatoes (500 g)
- ☐ Parsley (2 tbsp)

## GARLIC PARMESAN SAUCE

- ☐ Garlic (4 cloves)
- ☐ Flour (2 tbsp)
- ☐ Chicken Broth (1 cup)
- ☐ Dried Thyme (1 tsp)
- ☐ Dried Basil (1/2 tsp)
- ☐ Milk (1/2 cup)
- ☐ Cream (1/2 cup)
- ☐ Parmesan (1/2 cup)

begins to wilt.

- ☐ For the garlic parmesan sauce, melt the butter in the skillet over medium heat. Add the garlic and cooking for about 2 minutes, stirring frequently.
- ☐ Whisk in the flour until lightly browned, about 1 minute.
- ☐ Gradually whisk in chicken broth, thyme and basil. Cook for about 2 minutes. Stir in the milk, cream and the parmesan until the mix has slightly thickened. Add more milk if the mixture is too thick.
- ☐ Place the chicken in a single layer into the baking dish. Add the potatoes on top, the spinach and the cream sauce.
- ☐ Roast

## PREPARATION

Mince garlic, grate parmesan.  
Chop the baby spinach and parsley leaves.  
Halve the potatoes.

## COOKING

- ☐ Preheat oven to 205°C. Lightly coat a baking dish with oil or nonstick spray.
- ☐ Season chicken with the Italian herbs, salt and pepper.
- ☐ Melt 2 tablespoons butter in a large skillet over medium high heat. Add the chicken thighs and sear until both sides are golden brown. Set aside.
- ☐ Melt the remaining 1 tablespoon of butter in the skillet. Stir in spinach and cook, stirring occasionally until it

