One-Pan Marry me chicken breast

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One-Pan Marry Me Chicken Breast Recipe
This creamy Marry Me Chicken Breast is an easy one-pan dinner packed with rich Italian flavors. Juicy seared chicken breasts are simmered in a luscious Parmesan cream sauce with sun-dried tomatoes, garlic, and spinach—so delicious, it just might spark a proposal!

Perfect for busy weeknights or a romantic dinner, this Marry Me Chicken recipe comes together with simple pantry ingredients in under 30 minutes. It's a crowd-pleaser that's full of flavor, fast to make, and made in just one pan.

Things to know about this Marry me chicken breast recipe

Whether shared on a romantic dinner date or enjoyed with family and friends Marry me chicken breast has a way of leaving a lasting impression. It's savory aroma and succulent flavor will have family and friends asking for seconds.

If your looking for a substitute for Marry me chicken breasts you could use boneless skinless chicken thighs. you could also try using different types of poultry such as turkey breast.

If you make this Marry me chicken breast recipe please leave me a comment. I love hearing from you!!!

Ingredients

- 4 boneless skinless chicken breast
- 1 cup of flour
- 1 tablespoon each paprika + garlic + onion powder
- 2 tablespoons olive oil
- 1/2 stick of butter
- 1 Tablespoon minced garlic
- 1/2 cup chopped shallots
- 1 cup chopped sun dried tomatoes
- 1 cup white wine
- 2 cups chicken stock
- 2 cups cream
- 2 cups chopped spinach
- 1/2 cup grated parmesan cheese

Instructions

1. start by pounding the chicken breast thin between two sheets of plastic wrap. salt and pepper the chicken to taste
2. Add the paprika, garlic and onion powder to the one cup of flour mix well
3. Dip the chicken breast in the flour mixture, shaking off excess
4. bring the the oil to medium high heat add the chicken. Sauté the chicken until golden brown on both sides. Remove and set aside
5. In the same pan add the butter, the garlic, shallots and the sun dried tomatoes saute until soft and fragrant
6. Deglaze the pan with the white wine scraping up all the brown bits.
7. Add the chicken stock and the cream and simmer until sauce thickens . add the spinach and parmesan cheese.
8. Return the chicken to the sauce and simmer five minutes longer.

9. Pour the sauce over the chicken. Enjoy!!!