



# Marry Me Chicken

Serves: 4



*"If you have a significant other you're looking to impress try this dish, a marriage proposal is almost imminent!" - Chef Luke*

## Ingredients:

6 Boneless skinless chicken cutlets  
½ Teaspoon salt  
¼ Teaspoon ground black pepper  
6 Tablespoons all-purpose flour  
2 Tablespoons olive oil  
2 Tablespoons unsalted butter  
3 Cloves garlic, minced  
1 Cup chicken stock

1 Cup heavy cream  
½ Cup Parmesan cheese, grated  
1 Teaspoon chili flakes  
¼ Teaspoon oregano  
¼ Teaspoon thyme (dry)  
⅓ Cup Sun dried tomatoes (dried or jarred)  
1 Tablespoon fresh basil leaves

## Directions:

1. Add oil and butter to pan melt on medium heat and swirl together.
2. Salt and pepper the cutlets and dredge in flour, then brown in the pan for a couple of minutes on each side. (I like cast iron, but any type of pan other than non-stick will work).
3. Once cutlets are browned on both sides, put on a cutting board and tent in foil
4. Add garlic to pan and sauté for 30 seconds, then add stock and scrape the bottom with a wooden spoon. Immediately add heavy cream and add the grated cheese. Simmer till thickened and you can drag a spoon through the pan leaving a trail.
5. Add seasonings.
6. Add sundried tomatoes.
7. Add chicken back to pan and simmer for a couple minutes. (Especially if you haven't gotten your chicken up to 165 degrees, your chicken may finish cooking at this time.)
8. Serve on a bed of fresh pasta, rice, or riced cauliflower. Sauce and garnish with fresh cut basil.
9. Get ready for a marriage proposal.

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