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One Pan Creamy Garlic Chicken with Potatoes & Herbs

Prep time: 30 minutes

Servings: 4

This quick and easy One Pan Creamy Garlic Chicken with Potatoes and Garden Herbs recipe is taken from plain to phenomenal with brown butter caramelized chicken and charred potatoes in a delicious lactose-free creamy herbed sauce.

Donna Mansour, www.wholefoodbellies.com

Ingredients

2 Tbsp. Green Valley Creamery Lactose-Free Butter

4 chicken breasts (or about 6 chicken thighs) pounded to be of equal thickness

1 cup thinly sliced potatoes (I used sierra red. Make sure you cut them thinly or they will not cook quickly enough)

3 cloves garlic, minced

1/2 tsp fresh rosemary, chopped

1/2 tsp fresh oregano, chopped

1/2 tsp fresh thyme, chopped

1/2 tsp smoked paprika

1 cup Green Valley Creamery Lactose-Free Plain Yogurt (Whole Milk or Lowfat)

salt and pepper to taste

Instructions

1. Season the chicken with salt and pepper on both sides, to taste.
2. Over medium-high heat, melt the butter in a large pan or skillet. When it is slightly brown and has a nutty smell, add the chicken to the pan and cook for 5-6 minutes on each side until browned and cooked through. Transfer to a plate and cover to keep warm.
3. Add in the sliced potatoes, minced garlic, fresh herbs and spices to the pan and cook for about 3 minutes. Flip the potatoes and cook for a further 3

minutes until they are browning/charring on the edges.

4. Add the yogurt. Stir it in until it has a sauce-like texture and then cook, stirring every so often, for about 5 minutes. The sauce should be hot and slightly thickened. Add in some salt and pepper to taste.
5. Add the chicken back into the pan and turn to ensure it is evenly coated in the yogurt sauce. Garnish with more fresh herbs and serve hot with a side of steamed vegetables.