Marry Me Chicken
RECIPE

Marry Me Chicken

Cooking time	20 mins
Preparation time	10 mins
Serves	6

A dreamy, creamy dinner dish that’s so good everyone will say "I do" to seconds. To add even more flavour, use chicken stock and a dash of dry wine in place of the water.

Ingredients

- 1 packet Royco® Chicken A La King Dry Cook-In Sauce (38g)
- 6 skinless deboned chicken breasts
- 30ml (2 Tbsp) vegetable oil
- 3 cloves garlic, peeled and crushed
- 250ml (1 cup) water
- 250ml (1 cup) milk
- 180ml (¾ cup) cream
- 10ml (2 tsp) dried mixed herbs
- 80ml (⅓ cup) finely grated Parmesan or pecorino cheese
- 125ml (½ cup) sundried tomatoes, drained and roughly chopped
- 1 x 100g pack baby spinach leaves
- fresh lemon juice
- black pepper, to taste

Vegetarian

Replace the chicken in this recipe with drained tinned butter beans or chickpeas.

Family Friendly

With its mild, creamy flavours, this is a great dish for kids. If you know they won’t eat the spinach, you can use frozen peas instead.

Method

1. Empty the sachet of Royco® Chicken A La King Dry Cook-In Sauce onto a plate. Lightly dust both sides of the chicken breasts with the powder (don’t throw away the rest – you’ll use it later).

2. Heat the oil in a big frying pan over a medium heat. Fry the chicken on both sides (about 2½ minutes per side) until golden brown, but not quite cooked through. Remove from the pan and set aside on another plate.
3. Turn the heat down, add the garlic to the pan, and cook gently for 30 seconds. Now pour in the water, and stir well to loosen any golden sediment on the bottom of the pan.
4. In a separate small jug, whisk together the milk, cream, mixed herbs, and all the remaining Royco powder. Pour into the pan and, stirring constantly, bring to a gentle boil.
5. Let the sauce bubble over a low heat for about five minutes, or until it has reduced and thickened.
6. Stir in the Parmesan cheese and sundried tomatoes, then return the chicken breasts to the pan, along with any juices that have collected on the plate.
7. Now add the baby spinach leaves, cover the pan, and cook gently for a few more minutes, until the chicken is cooked through, and the spinach leaves have wilted but are still a nice bright green.
8. Season with a generous squeeze of fresh lemon juice and black pepper to taste, and serve hot with mash, rice or pasta.

Recipe Tags

Chicken, Sauce, Meat and Veg

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Cooking time

25 mins

Preparation time

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Cooking time

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Preparation time

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Cooking time

45 mins

Preparation time

15 mins

Almond, Lemon and Black Pepper Crusted Fish

Cooking time

20 mins

Preparation time

15 mins

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