

Foodnity Recipes

Creamy Marry Me Chicken with Sun-Dried Tomatoes

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

The Chicken

- [ ] 4 bone-in, skin-on chicken thighs (about 6 oz each)
- [ ] 2 Tbsp olive oil
- [ ] Salt and freshly ground black pepper, to taste

The Creamy Sauce

- [ ] 2 Tbsp unsalted butter
- [ ] 4 cloves garlic, minced
- [ ] 1 ½ cup sun-dried tomatoes, drained and sliced
- [ ] 1 cup heavy cream
- [ ] ½ cup low-sodium chicken broth
- [ ] ¾ cup grated Parmesan cheese
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried basil

Finishing Touches

- [ ] 2 Tbsp fresh parsley, chopped (for garnish)
- [ ] Optional: 1 cup baby spinach, wilted before serving

Instructions

1. First things first, go ahead and preheat your oven to 375 °F (190 °C). I always make sure to pat the 4 bone-in, skin-on chicken thighs dry with paper towels—it's the little secret to getting that skin just right. Season them generously with salt and freshly ground black pepper on both sides.

2. Heat up the 2 Tbsp olive oil in your large skillet over medium-high heat. Place those chicken thighs skin-side down and let them sear until they're a beautiful golden brown, which usually takes about 4-5 minutes. Flip them over and sear the other side for another 3 minutes, then just set the chicken aside for a bit.

3. Turn the heat down to medium and melt the 2 Tbsp unsalted butter in that same skillet. Once it's bubbly, stir in the 4 cloves garlic, minced, and cook it just until it smells wonderful, about 1 minute. Toss in the 1 ½ cup sun-dried tomatoes, drained and sliced, and sauté for about 30 seconds.

4. Now, pour in the 1 cup heavy cream and ½ cup low-sodium chicken broth. Stir it all together and bring it to a gentle simmer. Honestly, make sure to scrape those little browned bits from the bottom of the pan—that's where all the deep flavor lives.

5. Stir in the ¾ cup grated Parmesan cheese, 1 tsp dried oregano, and 1 tsp dried basil. Let it thicken up just a bit and adjust your salt and freshly ground black pepper. If you're using the 1 cup baby spinach, fold it in now so it wilts into the sauce but stays a lovely bright green.

6. Carefully put the seared chicken thighs back into the skillet, nestling them right into that creamy sauce. I like to spoon a little extra sauce over each piece just to make sure they're completely coated.

7. Slide the skillet into the oven and bake it uncovered for 20-25 minutes. You're looking for an internal temperature of 165 °F (74 °C) and a sauce that's bubbly and thickened up beautifully.

8. Take the skillet out and let the chicken rest for 3 minutes—it's so important to be patient here. Then, spoon that remaining luscious sauce over the chicken and sprinkle on the 2 Tbsp fresh parsley, chopped.

9. Serve it up immediately with pasta, rice, or some crusty bread to soak up every single drop of that sauce.

10. One last thing: clean your skillet while it's still warm. Trust me, it's so much easier before the sauce hardens into a crust.

Nutrition per serving

580 kcal	38 g	12 g	42 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is essential for a golden crust.
- Using a Dutch oven or oven-safe skillet is necessary for the baking step.
- The browned bits in the pan provide a depth of flavor that you can't skip.