

Marry Me Chicken

Makes 4 Servings

Preparation: 10 min, Cook Time: 50 min

This went viral on TikTok with claims that if you prepare it for someone, you will end up getting married. Author: Naz Deravian, New York Times.



3 large boneless, skinless chicken breasts or 6 cutlets, or chicken tenders (use about 2 per person)
Kosher salt (such as Diamond Crystal) and black pepper
1/3 cup all-purpose flour
3 tablespoons extra virgin olive oil, plus more as needed
2 tablespoons unsalted butter
3 large garlic cloves, minced
1 tablespoon tomato paste

1/2 teaspoon dried oregano crushed in your palms before adding
Red-pepper flakes, to taste
1 teaspoon paprika
1 cup low-sodium chicken broth
1 1/2 cups heavy cream
1/2 cup grated Parmigiano-Reggiano cheese
1/3 cup sun dried tomatoes in oil, drained, chopped
Fresh basil, for serving

1. Regular chicken breasts are too thick to use in this recipe, so either slice the breasts in half horizontally, or use a pounder to thin the breasts to about 3/8" thick. You should end up with about 6 cutlets. Season both sides of the chicken cutlets well with pepper. If you season with salt, use very little as the Parmesan adds quite a bit to the finished dish.
2. Scatter the flour and pepper on a large plate and coat the cutlets, shaking off the excess. Transfer the cutlets to a sheet pan or large plate in a single layer.
3. Heat the oil in a large pan over medium-high. Once the oil is shimmering, reduce the heat to medium and add the butter. As soon as it melts, add the cutlets and cook until golden on one side, about 5 minutes. Flip the chicken and cook the other side until golden, 2-3 minutes. Do this in batches, if needed, adding more oil, if needed. Transfer the cutlets to a plate or sheet pan. Do not overcook the chicken.
4. Reduce the heat to low, add the garlic and cook, stirring constantly, until fragrant, 1 to 2 minutes. Do not allow the garlic to brown. Add the tomato paste, stirring until the color deepens, about 2 minutes. As you add the oregano, crush it between your palms to open up the flavor, then add the paprika and red-pepper flakes, to taste. Add about a tablespoon of the flour from the flouring plate you used for the chicken. Stir well until no clumps of flour are visible. Increase the heat to medium-high, add the broth and bring to a simmer, scraping up any bits from the bottom of the pan, until the liquid is reduced by half, about 5-8 minutes.
5. Add cream and warm through, stirring, until it thickens slightly, about 3-5 minutes. Watch the cream closely, reducing the heat if necessary, to maintain a gentle simmer. Stir in the Parmesan and the sun-dried tomatoes. Add more cream, if you like, and season the sauce, noting whether it needs salt. Place the chicken back in the pan to warm through, about 4 minutes. Remove from the heat, serve and scatter basil on top. This can be served with a simple serving of pasta on the side, or garlic mashed potatoes.

Source: cooking.nytimes.com