Creamy Garlic Chicken Tenders

Servings: 5

Ingredients

- 2-2.5 lbs chicken tenders
- 2.5 c heavy cream
- 1 1/4 c dry white wine
- 2 medium shallots, minced
- 4-6 cloves garlic, minced
- 4 oz parmesan cheese, grated
- 1 Tbsp chicken bullion paste
- 2 Tbsp oil (avocado, olive, tallow, clarified butter, any will work)
- salt and pepper, to taste

Directions

1. Heat a large pan on medium-high heat.
2. Season the chicken tenders on both sides with salt and pepper. When the pan is hot, add the oil and let it shimmer.
3. Sear the chicken tenders on both sides until browned, but not cooked through. About 90 seconds per side. Remove them from the pan and turn the heat to medium
4. Add the shallots to the pan and cook until slightly translucent, 1-2 minutes. Add the minced garlic and cook until fragrant, about 90 seconds.
5. Add the bullion paste and white wine and cook until reduced almost completely. When the liquid has thickened and barely covers the bottom of the pan, add the heavy cream and parmesan. Stir until melted and well combined.
6. Taste for seasoning and add salt or pepper as necessary.
7. Add the chicken back into the sauce to finish cooking, 2-3 minutes.
8. Serve over noodles.

Revision #2
Created 10 October 2023 10:56:14 by themanicotti
Updated 6 December 2025 19:37:42 by themanicotti