

CREAMY BLACKENED CHICKEN

Yoke's FRESH MARKET

INGREDIENTS FOR 4 SERVINGS





5 Tablespoons Darigold® Butter, Divided

4 Thinly Sliced Chicken Breasts

1 Bottle Spiceology® Blackened Cajun Spice Blend

2 Cloves Garlic, Minced

1/4 Cup Flour

1 Cup Chicken Broth

1 Pint Darigold® Whipping Cream

34 Cup Fresh Shredded Parmesan Cheese



PREPARATION

In a large skillet heated to medium high heat, add 2 Tablespoons of butter. Season both sides of the chicken breasts generously with Spiceology® Blackened Cajun Spice Blend. Place the chicken in the skillet and sauté for 5 minutes. Flip the chicken, and continue cooking for another 4-5 minutes or until internal temperature reaches 165°. Remove chicken from the skillet.

Add remaining butter and garlic to the skillet and sauté for 1 minute. Sprinkle the flour into the skillet and whisk, add the broth a bit at a time, using the whisk to combine and prevent lumps. When all of the broth has been added, continue by slowly adding the cream. When cream is combined, remove from the heat, and add the parmesan cheese.

Slice the chicken into thin slices and pour cheese sauce over top. Serve with prepared noodles if desired.