

Creamy Tuscan Chicken

Creamy sun dried tomato sauce served over seared chicken

INGREDIENTS

4 boneless skinless chicken breasts,
(each cut in half lengthways)
Drizzle olive oil
1 large onion, sliced
2 cloves garlic, minced
8 small mushrooms, sliced
3 handfuls fresh spinach leaves
1 handful fresh basil, chopped
150g Sun-dried tomatoes, drained
300ml low salt chicken stock
2 tablespoons low fat crème fraiche
Pinch LoSalt
Black Pepper



METHOD

1. Start by seasoning the chicken with LoSalt and black pepper on both sides.
2. Heat a drizzle of olive oil in a non-stick frying pan and sear the seasoned chicken on both sides for 5-6 mins to gain colour. Then remove the chicken and set aside.
3. Next add the sliced onion and minced garlic to the same pan. Saute for 4-5 mins. Next add the sliced mushrooms, chopped sundried tomatoes, spinach and basil.
4. Now add the low salt chicken stock and cook for 4-6 minutes until the spinach is wilted.
5. Next turn the heat down a little and add the crème fraish and mix well.
6. Pop the cooked chicken back into the sauce and simmer away for 4-5 mins until everything is piping hot and the sauce has reduced a little.
7. Serve hot with extra veggies!

Serves 4

RECIPE BY:
SALLY BEE

