

Creamy Chicken with Spinach & Sundried tomatoes

CREAMY CHICKEN WITH SPINACH & SUNDRIED TOMATOES Perfectly pan seared chicken breasts smothered with a rich and creamy spinach/sundried tomatoes sauce.

An easy delicious meal that comes together super fast!

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INGREDIENTS:

FOR THE CHICKEN BREASTS:

- 500g chicken breasts
- 2 tbsp olive oil
- salt and fresh ground pepper, to taste
- 1/2 tsp paprika
- 1 tsp garlic powder
- 1 tsp italian herbs

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FOR THE CREAMED SUNDRIED TOMATOES & SPINACH:

- 1 tbsp olive oil
- 1 diced onion

- 3 minced garlic cloves
- 1/2 cup sundried tomatoes roughly chopped (keep its oil)
- 3/4 cup chicken broth
- 1 cup heavy cream
- 2 cups baby spinach
- 1 tsp italian herbs
- 1/4 tsp grated fresh nutmeg
- salt & grated black pepper to taste
- 1/4 cup freshly grated parmesan cheese

METHOD:

1. Rub the chicken breasts with 1 tbsp olive oil and the seasoning.
2. Heat 1 tablespoon olive oil in a skillet over medium heat. Place chicken breasts in the skillet and cook for 8 minutes, or until chicken is easy to move and edges are opaque. Flip over, cover the pan, and lower heat to medium-low. Continue to cook for 10 minutes. Remove chicken from skillet & set aside.
3. in the same skillet, heat 1 tablespoon olive oil. Add the onions and cook over medium heat until softened. Stir in the garlic and cook until fragrant.
4. Add in the chopped sundried tomatoes with its oil .let the cook for 2 minutes
5. slowly add the chicken broth , the heavy cream & the seasoning (italian herbs, nutmeg salt & pepper). bring the to boil fir few minutes
6. Add the spinach to the mixture and continue cooking until wilted. finally melt in parmesan cheese (optional)

7. chicken breasts to the skillet to simmer with the sauce for about 3 to 4 minutes. Remove from heat & serve.

8. ENJOY.