

# CREAMY RED PESTO CHICKEN

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COOK TIME: 30mins

SERVES: 2

CALORIES: 763 kcal (PER SERVING)

## INGREDIENTS

2 chicken breast fillets  
250 g/8.8 oz cherry tomatoes  
2 tbsp unsalted butter  
2 tbsp oil from sun-dried tomatoes  
4 garlic cloves, minced  
1 small onion, finely chopped  
salt + black pepper  
a pinch of sweet paprika  
1 tsp red pepper flakes  
2 tbsp tomato paste  
1/2 cup/125 ml cream with 20% fat, or  
half-and-half  
1/2 cup/125 ml chicken broth  
20 basil leaves  
grated Parmesan, for serving (optional)  
toasted sunflower seeds, for serving

\*RED PESTO  
(equal to 1/2 cup store-bought pesto)

40 g/1.4 oz toasted sunflower seeds, or  
toasted pine nuts  
10 semi sun-dried tomatoes  
3 tbsp oil from sun-dried tomatoes  
1 tsp dried basil  
30 g/1 oz grated Parmesan  
1 tbsp tomato paste

## DIRECTIONS

Make the pesto. Combine the ingredients in a food processor or blender. Blend, until everything is thoroughly combined, but still has some texture.

Season the chicken fillets all over with sweet paprika powder, salt and pepper. Heat the oil and butter in a non-stick frying pan over medium heat. Add the chicken and cook, for 5-8 minutes per side or until fully cooked and browned on both sides. Remove from skillet and place on a plate. Cover with foil.

In the same skillet, add onion and garlic, cook until softened over low heat, about 2 minutes. Deglaze with 2 tbsp water. Add cherry tomatoes, cook for about 2 minutes or until the tomatoes start to burst. Press on the back of the tomatoes with a fork to release their juices and stir to combine.

Stir in tomato paste, season with salt, pepper and red pepper flakes. Pour chicken broth and bring to a simmer. Stir in red pesto. Then add cream, stir to combine.

Add chicken back into the skillet. Allow to cook for 5 more minutes or until the chicken is cooked through and the sauce is slightly thickened.

Stir in basil leaves and top with toasted sunflower seeds. Sprinkle with some red pepper flakes and grated Parmesan. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.