

# CREAMY GARLIC RED PEPPER CHICKEN

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COOK TIME: 40mins

SERVES: 4

CALORIES: 613 kcal (PER SERVING)

## INGREDIENTS

100 g/3.5 oz pancetta  
2 large chicken fillets  
1 red bell pepper, cut into thin slices  
120 g/4.2 oz sun-dried tomatoes, drained  
1/2 cup chicken broth  
1/2 cup white wine, preferably Pinot Grigio  
3/4 cup cream 20% fat  
2 tbsp tomato paste  
30 g/1 oz grated Parmesan  
1 tbsp olive oil  
1 tbsp unsalted butter  
4-6 garlic cloves, minced  
1 small onion, finely chopped  
1 tsp each: salt, black pepper,  
smoked paprika, dried oregano, dried thyme  
1 tbsp freshly chopped parsley  
1/2 tsp crushed red pepper flakes, for serving

## DIRECTIONS

Heat olive oil in a large non-stick skillet set over medium low. Add pancetta, cook until crisp and golden brown, about 3 minutes. Remove from skillet, leaving as much grease as possible in the skillet.

Season the chicken with salt, black pepper and smoked paprika.

Melt butter in the same skillet, add chicken and cook over medium high heat, about 8-10 minutes per side or until fully cooked and browned on both sides. This can vary with the size of your chicken. Remove from skillet and place on a clean plate. Cover with foil.

Lower the heat. Add garlic and onion, sauté until soft and fragrant, about 1 minute. Deglaze the skillet with white wine. Stir with a wooden spoon to dissolve the browned bits from the bottom of the skillet. Simmer for 1-2 minutes.

Add bell pepper, sauté for 5 minutes. Stir in sun-dried tomatoes, thyme and oregano. Sauté for 5 minutes more. Pour in chicken broth and add tomato paste. Stir to combine and bring to a boil.

Add cream and Parmesan, stir to combine. Transfer chicken back into the skillet. Simmer for 3-5 minutes or until heated through. Taste and adjust salt and black pepper.

Finish off with parsley and pancetta. Top with crushed pepper flakes, serve with some crusty bread and a simple side salad. 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.