

PESTO CHICKEN WITH PEPPERS

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COOK TIME: 40mins

SERVES: 4

CALORIES: 489 kcal (PER SERVING)

INGREDIENTS

*CHICKEN

4 small chicken breast fillets, or 2 large sliced lengthwise horizontally
1 tsp each: garlic powder, salt, black pepper, sweet paprika

*CREAMY PESTO SAUCE

1 tbsp olive oil
1 tbsp unsalted butter
1 small brown onion, finely chopped
4 garlic cloves, minced
2 large red bell peppers, cut into thin slices
 $\frac{3}{4}$ cup/180 ml chicken broth
1/4 cup green pesto
 $\frac{3}{4}$ cup/180 ml cream 20% fat
fresh basil leaves, for serving

*SPICES

1 tsp each: salt, black pepper, dried thyme, dried sage
1/2 tsp crushed red pepper flakes, more for serving

DIRECTIONS

Get all the prep done before you start cooking: mince the garlic and finely chop the onion. Cut the bell peppers in half, remove veins and seeds, then cut the peppers into thin slices.

Heat oil and butter in a large heavy bottomed skillet over medium. Add chicken and cook, for 5 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.

In the same skillet. Add onion and garlic, cook for 2 minutes. Add bell peppers, cook for 5 minutes, stir occasionally. Stir in spices, cook for 1 minute. Pour in broth, stir with a wooden spoon to dissolve the browned bits from the bottom of the skillet. Simmer for 5 minutes.

Stir in pesto and add cream. Return chicken together with the released juices to the skillet. Simmer over a low heat, until the chicken is cooked through, 3-5 minutes.

Top with basil, sprinkle with red pepper flakes and freshly ground black pepper. Enjoy!

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