

CREAMY TUSCAN CHICKEN

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COOK TIME: 30mins

SERVES: 4

CALORIES: 574 kcal (PER SERVING)

INGREDIENTS

*CHICKEN

4 chicken breast fillets

2 tsp each: Cajun seasoning, Italian seasoning

1 tsp salt + black pepper

*PARMESAN CREAM SAUCE

1 tbsp olive oil

1 tbsp unsalted butter

1 shallot, finely chopped

4 garlic cloves, minced

1 tsp each: Cajun seasoning, Italian seasoning, salt,

black pepper, flour

5 oz/150 g sun-dried tomatoes, drained

¼ cup/120 ml chicken broth

2 cups/480 ml heavy cream

1 oz/30 g grated Parmesan

2 oz/50 g baby spinach

freshly ground black pepper, for serving

red pepper flakes, for serving

DIRECTIONS

Get all the prep done before you start cooking. Season both sides of the chicken with Cajun and Italian seasoning, salt and pepper. Set aside. Finely chop the shallot and mince the garlic cloves.

Heat oil and butter in a large skillet over medium. Add the chicken fillets and cook, for 5 minutes per side or until fully cooked through and browned on both sides. Remove from skillet and place on a clean plate.

In the same skillet, add garlic and shallot. Cook until soft and fragrant, about 2 minutes. Add Cajun and Italian seasoning, salt, pepper, flour and sun-dried tomatoes. Cook for 1 minute, while stirring frequently. Deglaze with chicken broth, simmer for 2 minutes, stir with a wooden spoon while scraping up the brown bits on the bottom of the skillet.

Add cream, bring to a boil. Reduce the heat to low and simmer for 5 minutes or until the sauce starts to thicken. Stir in Parmesan. Add spinach and stir until it starts to wilt.

Return chicken to the skillet, simmer for 3 minutes or until the chicken is heated through. Top with freshly ground black pepper and crushed red pepper flakes. Serve with your favorite sides. Enjoy!

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