



Creamy Tuscan Chicken Thighs



Another 5 star chicken recipe!

Ingredients:

Chicken:

6-8 boneless and skinless chicken thighs, (about 1 1/2 pounds)
1/2 teaspoon each garlic powder and onion powder
1/2 teaspoon salt
1/3 teaspoon paprika
1/4 teaspoon cracked black pepper

Sun-Dried Tomato Sauce:

2 tablespoons reserved sun dried tomato oil, from jar
1 small brown shallot
4 cloves garlic minced
1/2 cup (4 oz) sun dried tomato strips
1/2 cup (4 fl. oz) dry white wine, (or chicken broth)
1/2 cup (4 fl. oz) low sodium chicken broth
3/4 cup (6 fl. oz) heavy cream
1/3 cup (1 oz) fresh shredded parmesan cheese
1 teaspoon Italian seasoning
3/4 cup fresh baby spinach leaves packed
1/4 cup fresh basil leaves packed

Instructions - Chicken:

1. Season chicken with garlic powder, onion powder, paprika, salt and pepper.
2. Heat sun dried tomato oil in a large skillet over medium-high heat.
3. Sear chicken in batches of two or three until golden brown on both sides, about 3-4 minutes each side. Transfer to a plate, keep warm.

Instructions - Sauce:

1. Add the shallot and cook until soft, about 3 minutes. Sauté garlic until fragrant, about 30 seconds. Add the sun dried tomato strips and cook to release flavours, about 1 minute.
2. Pour in wine; bring to a simmer while scraping up the browned bits from the bottom of the skillet.
3. Let simmer for 2 minutes, then add in the chicken broth, cream, parmesan and Italian seasoning.
4. Bring to a gentle simmer, then reduce heat to low-medium. Let simmer for 2-3 minutes until thickened. Stir regularly to melt parmesan cheese.
5. Taste test sauce and season with a pinch of salt and pepper, if needed.
6. Stir through spinach and basil leaves. Stir through and let leaves wilt through the sauce. Return chicken to the pan; drizzle sauce over chicken and let simmer for a further minute.
7. Serve immediately over mashed potato, mashed cauliflower, rice, pasta, or fresh bread to mop up the sauce!

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