



Daily Flavorist

Creamy Tuscan Chicken in 30 Minutes

10 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

30 min

Total time

Italian-American

Cuisine

Ingredients

Chicken

- ☐ 4 chicken breasts, about 700 g, sliced into thin cutlets
- ☐ 1 tsp fine salt
- ☐ 1 tsp Italian seasoning
- ☐ 1/2 tsp garlic powder
- ☐ 2 tbsp olive oil

Sauce

- ☐ 4 cloves garlic, minced
- ☐ 100 g sun-dried tomatoes in oil, chopped
- ☐ 120 ml (1/2 cup) chicken stock
- ☐ 250 ml (1 cup) heavy cream
- ☐ 50 g (1/2 cup) grated parmesan
- ☐ 2 big handfuls baby spinach
- ☐ Pinch of chili flakes (optional)

Instructions

- 1** Pat the chicken dry. Season both sides with the salt, Italian seasoning and garlic powder.
- 2** Heat the olive oil in a large skillet over medium-high heat. Cook the chicken for 5 to 6 minutes per side, until deeply golden and 74 °C (165 °F) inside. Move it to a plate.
- 3** Lower the heat to medium. Add the garlic and sun-dried tomatoes to the same pan and cook for 1 minute, until fragrant.
- 4** Pour in the chicken stock and scrape up all the brown bits from the bottom of the pan. Let it bubble for 1 minute.
- 5** Stir in the cream and parmesan. Simmer gently for 3 minutes, until it coats the back of a spoon.
- 6** Add the spinach and stir until just wilted. Return the chicken and any juices to the pan and spoon the sauce over the top. Serve hot.



Nutrition per serving

520 kcal

Calories

42 g

Protein

9 g

Carbs

35 g

Fat

Tips & notes

Dairy-free? Use full-fat coconut milk instead of cream and nutritional yeast instead of parmesan. Using chicken thighs? Cook them 7 to 8 minutes per side.