

Baked Tuscan Chicken

Prep: 10 mins

Cook: 20 mins

Serves: 4

Ingredients:

- 4 boneless skinless chicken breasts (breast halves)
- 1 tbsp olive oil
- ½ tsp salt
- ½ tsp Italian seasoning
- ¼ tsp paprika
- ⅛ tsp black pepper

Cream Sauce:

- 240ml heavy cream
- 2tsp minced garlic
- 1tsp corn starch
- pinch salt
- pinch black pepper
- 85g sundried tomatoes (chopped)
- 120g shredded Parmesan cheese
- 170g chopped fresh spinach

Baked Tuscan Chicken

Method:

1. Preheat oven to 220°C, gas mark 7.
2. Place chicken breasts on a cutting board and cover with a piece of plastic wrap. Use a rolling pin, smooth meat mallet or small frying pan to flatten the thick side of the chicken so that it is roughly an even thickness.
3. Place chicken breasts in a 9×13" baking dish, leaving space between them.
4. Combine ½ teaspoon salt, Italian seasoning, paprika and ⅛ teaspoon pepper. Drizzle chicken with oil and rub with seasoning.
5. Whisk together cream, garlic, corn starch, salt and pepper until combined. Stir in sundried tomatoes and Parmesan cheese and pour around the chicken in the baking dish.
6. Bake at 220°C for 16-20 minutes, until inside of chicken reaches 75°C in the centre.
7. Remove pan from oven and stir spinach into sauce. Cover pan and allow chicken to rest for 10 minutes while the spinach wilts.
8. Uncover and serve.