

# Sun-dried Tomato One-Pot Chicken

## Ingredients

- ☐ 3 large chicken breasts boneless and skinless, sliced lengthwise into thin cutlets
- ☐ ½ teaspoon salt
- ☐ ¼ teaspoon ground black pepper
- ☐ 6 tablespoons (50 grams) all-purpose flour
- ☐ 2 tablespoons (30 ml) olive oil
- ☐ 2 tablespoons (28 grams) unsalted butter
- ☐ 3 cloves garlic minced
- ☐ 1 cup (240 ml) chicken stock
- ☐ 1 cup (240 ml) heavy cream (double cream in the UK)
- ☐ ½ cup (43 grams) parmesan cheese grated
- ☐ 1 teaspoon chili flakes
- ☐ ¼ teaspoon oregano
- ☐ ¼ teaspoon thyme
- ☐ ⅓ cup sundried tomatoes chopped
- ☐ 1 tablespoon fresh basil leaves

## Instructions

- Season chicken with salt and pepper, then dredge in flour and shake off any excess.
- In a large skillet, heat olive oil and melt the butter on medium heat. Swirl pan to coat with oil and butter evenly.
- Brown the chicken (do not overcrowd and work in batches if needed) for 4-5 minutes on each side or until golden brown and cooked through. Transfer onto a plate, cover, and set aside.
- Saute the garlic for a minute or until it's fragrant. Add the chicken stock, and deglaze the pan scraping any bits stuck to the bottom of the pan with a wooden spoon.
- Adjust the heat to medium-low, and add the heavy cream and the parmesan cheese to the skillet. Allow the sauce to simmer for a couple of minutes, then season with chili flakes, thyme, and oregano.
- Season with salt and pepper to your taste, add the sundried tomatoes then put the chicken back in the sauce and let the sauce simmer and thicken for a few more minutes.

- Garnish with chopped fresh basil leaves and serve warm over pasta or rice.

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