TATUA
Specialised Dairy

Marry Me Chicken

Ingredients

750g boneless, skinless chicken breasts
¼ cup flour
½ tsp salt
½ tsp white pepper
dash of white wine (optional)
1 cup chicken stock
¼ cup sundried tomato paste*
2–3 fresh thyme sprigs
½ cup Tatua Cooking Cream
120g baby spinach
¼ cup finely grated parmesan
extra virgin olive oil or avocado oil

Method

1. Slice the chicken breasts in half horizontally.
2. Mix the flour, salt and white pepper together on a plate and dredge the chicken with this.
3. Heat a little oil in a large pan and brown the chicken on both sides. You may have to do this in two batches.
4. Remove the chicken and deglaze the pan with a slosh of wine (if using). Add in the stock along with the sundried tomatoes, thyme and Tatua Cooking Cream. Simmer for 5 minutes then add the chicken back in along with the spinach.
5. Continue to simmer until the chicken is cooked. Add in the parmesan and serve.

*Sundried tomato paste can be substituted for finely chopped sundried tomatoes.

Recipe and image by Nourish Magazine