

# SallyBee



Campaigning for people to "Season with Sense"



## SALLY BEE'S CREAMY TUSCAN CHICKEN

 **Prep: 10 minutes**

 **Cook: 30 minutes**

 **Serves: 4**

### INGREDIENTS:

- 4 boneless skinless chicken breasts, (each cut in half lengthways)
- Drizzle olive oil
- 1 large onion, sliced
- 2 cloves garlic, minced
- 8 small mushrooms, sliced
- 3 handfuls fresh spinach leaves
- 1 handful fresh basil, chopped
- 150g Sun-dried tomatoes, drained
- 300ml low salt chicken stock
- 2 tablespoons low fat crème fraiche
- Pinch **LoSalt**
- Black Pepper

### METHOD:

1. Start by seasoning the chicken with **LoSalt** and black pepper on both sides.
2. Heat a drizzle of olive oil in a non-stick frying pan and sear the seasoned chicken on both sides for 5-6 mins to gain colour. Then remove the chicken and set aside.
3. Next add the sliced onion and minced garlic to the same pan. Saute for 4-5 mins. Next add the sliced mushrooms, chopped sundried tomatoes, spinach and basil.
4. Now add the low salt chicken stock and cook for 4-6 minutes until the spinach is wilted.
5. Next turn the heat down a little and add the crème fraich and mix well.
6. Pop the cooked chicken back into the sauce and simmer away for 4-5 mins until everything is piping hot and the sauce has reduced a little.
7. Serve hot with extra veggies!