

Crispy Chicken in Basil Sauce



Serves	Prep Time	Cooking	Total Time	Calories
4 people	5 minutes	30 minutes	35 minutes	415 kcal

Stuff that's in it:

- 70G Spinach Leaves
- 20G Basil Leaves (Fresh)
- 400ML Chicken Stock
- 4 Chicken Breasts Skin On (You Can Remove Later)
 - 2 Red Onions
 - 3 Garlic Cloves (Chopped)
 - 200G Cherry Tomatoes (I Used Piccobella)
 - 1 Courgette (Chopped Into Small Chunks)
- 70G Italian Sundried Tomatoes (In Olive Oil)
 - 160G Peas (Frozen)
 - 30G Parmesan (Fresh)
 - 150ML Single Cream

What you do:

Flatten your chicken breasts with a rolling pin or a mallet between sheets of cling film so they cook quicker.

Start by adding 70g of baby spinach to 350ml hot chicken/vegetable stock , add 20g basil leaves and stir

with a fork until it wilts. Add to a nutri bullet or food processor and blitz for 15-20 seconds in batches until you have a smooth green stock. Set aside

Heat a large fry pan, add the oil from the sun-dried tomatoes and fry the chicken breasts first, skin side down to start for around 3 - 4 minutes until the skin is crispy and golden, turn over and cook the other side for another 3 minutes before removing on to a plate, add back once your sauce is made.

Sauce

Gently cook the red onion for a minute, then add the courgette, garlic and tomatoes and sundried tomato's and cook for a few minutes until soft.

Add the chicken back into the pan

Add the green stock and bring to a bubble, add the frozen peas.

Simmer for 10 minutes on a low heat, with the chicken nestled in the sauce so it continues to cook all the way through, must be over 70c (check with a thermometer)

Turn off the heat and add the cream and Parmesan shavings and gently stir into the sauce until mixed with a spoon, heat through until everything is hot and bubbling

Serve immediately

We enjoyed it with rice

Nutrition

- Carbs: 14g
- Fat: 16g
- Protein: 49g
- Fibre: 6g
- Saturated Fat: 7g

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