

One Pan Chicken with Sun - Dried tomatoes and



Serves	Prep Time	Cooking	Total Time	Calories
4 people	5 minutes	30 minutes	35 minutes	475 kcal

Stuff that's in it:

- 450G Medium Sized Maris Piper Potatoes (Sliced In Half)
 - 1Tsp Sweet Paprika
 - 1/2 Tsp Garlic Granuals
- 1 Tbsp Oil (For The Air Fryer)
 - Pan Ingredients
 - 1 Tbsp Oil
- 570G Chicken Breast (I Used Skin On But You Can Used Skinless)
 - 1 Tsp Smoked Paprika
 - 65G Chopped Chorizo
 - 1 Onion (Chopped)
- 8 Baby Plum Tomatoes (Sliced In Half)
 - 1 Red Pepper (Diced)
 - 3 Garlic Cloves (Chopped)
- 80H Sun-Dried Tomato Paste
- 2 Tbsp Fresh Parsley (Chopped)
 - 200Ml Chicken Stock

• 125ml Cream (I Used Arla Lactose Free) (Single)

What you do:

Start by slicing your potatoes in half, par boil for 10 minutes, drain, coat with the oil, paprika and garlic granules and air fry for around 20 minutes at 180c, shake half way through.

Sprinkle the smoked paprika over the chicken breasts both sides

Heat a large fry pan , add the oil then pan fry the chicken breast skin side down first for around 4 minutes each side , remove and set aside

Add the chorizo to the pan and cook for a couple of minutes to release the flavours, then add the onion, tomatoes , red pepper, and garlic and fry until everything starts to soften.

Add the sun-dried tomato paste and mix well, add the chicken breasts back

Add the stock , stir and then add the lid and simmer for around 15 minutes , until the chicken is cooked all the way through

Add the cream, stir then add the lid and gently simmer for 5 minutes

Turn the heat off, remove the lid and add the cooked potatoes to the pan, garnish with parsley and serve with fresh veggies

Nutrition

- Carbs: 26g
- Fat: 24g
- Protein: 27g
- Fibre: 6g
- Saturated Fat: 11g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com