

CHICKEN AND CREAMY SPINACH



Ingredients:

2 Boneless chicken thigh
1 Handful Spinach
1/3 Butternut squash
1 tbsp Mascarpone

Instructions:

- Cut the butternut squash into small cubes of half centimetre. Place a pan on the stove on low heat with a bit of oil and cook the cubes until get soft and brown colour.
- Place another pan on the stove on high heat with oil a place the chicken skin down and cook it until it get a golden brown colour, then turn it over and cook it for 2 minutes, then place it in the pre-heated oven at 180 degrees for 8 to 10 minutes.
- On another pan with oil add the spinach and cook them, once are cooked the mascarpone and cook it for another two minutes.
- To plate, I suggest put the spinach at the bottom, cut the chicken in halves, place them on top of the spinach and last, put the butternut squash on top of the chicken.