



Tuscan Chicken in Creamy Sun Dried Tomato Sauce

★★★★★

Packed with flavour, my Tuscan Chicken in Creamy Sun Dried Tomato Sauce is the ultimate chicken dinner. Serve with pasta, potatoes or just a big hunk of bread to dip into that creamy sauce.

Course Dinner **Cuisine** Italian **Keyword** Any Time Of the year, Comfort Food, Family Meal

Prep Time 15 minutes **Cook Time** 25 minutes **Total Time** 40 minutes

Servings 4 people

Author [Nicky Corbishley](#)

Ingredients

- 4 chicken breasts
- 1 large egg
- 3 tbsp plain all-purpose flour (replace with gluten free flour blend if needed)
- 1/4 tsp salt
- 1/2 tsp freshly ground black pepper
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp dried paprika
- 1/4 tsp garlic salt
- 3 tbsp olive oil
- 1 brown onion peeled and sliced
- 2 cloves garlic peeled and minced
- 1/2 tsp dried oregano
- 1 tsp [paprika](#)
- 1 cup (160g) sun dried tomatoes I like the bright red one from the deli counter
- 1 red bell pepper de-seeded and sliced
- 1 tbsp tomato puree (paste)
- 1/3 cup (90ml) white wine
- 1 cup (240ml) [chicken stock](#) (use bouillon for gluten free)
- pinch of salt and pepper
- 1/3 cup (90ml) double (heavy) cream
- 1/2 packed cup (50g) parmesan cheese grated
- 3 packed cups (90g) fresh baby spinach
- 1 tbsp chopped parsley

Instructions

1. Preheat the oven to 160C/320F. Trim the chicken breasts to remove any fatty parts.
2. Whisk the egg lightly in a shallow bowl.
3. In a separate shallow bowl, mix together the flour, salt, pepper, oregano, thyme, paprika and garlic salt.

4. Heat 2 tbsp of the olive oil in a large frying pan (skillet) on a medium-to-high heat. Dip the chicken breasts in the egg, then dredge in the flour mixture.
5. Place the chicken in the pan and fry on both sides until golden.
6. Take the chicken out of the pan and place on a tray in the oven for 10 minutes to finish cooking whilst you make the sauce.
7. Add the remaining oil to the pan and heat on a medium heat.
8. Add the onion and cook for 3-4 minutes until they start to soften.
9. Add the garlic, oregano, paprika, sun dried tomatoes, red peppers and tomato puree. Cook for 2 minutes, moving around the pan with a spatula, then pour in the wine.
10. Allow to bubble for 2 minutes, then add the chicken stock, salt and pepper. Bring the boil, then simmer for 5 minutes.
11. Stir the cream and parmesan, then remove the chicken from the oven. Check it's done (insert a knife into the fattest piece of one of the chicken breasts - it should no longer be pink) and place in the pan.
12. Add the spinach to the sauce and stir to cover the spinach in the sauce. Cook for a further 3-4 minutes until the spinach wilts.
13. Serve topped with a sprinkling of fresh parsley. Tastes great with pasta, courgetti (zoodles), rice or saute potatoes.

Notes

Can I make it gluten free?

Yes! Use gluten free plain (all purpose) flour blend for coating the chicken and replace the stock with bouillon or gluten free chicken stock.

Can I make it vegetarian?

Yes, try my [mushroom version](#) - it's so tasty!

Can I make ahead?

Yes, make the dish, then cool, cover and refrigerate for up to a day.

Reheat, covered in the oven at 160C/320F for 20-25 minutes or on the hob until the chicken is piping hot throughout. You may need a splash of water/stock/cream to loosen as it will be a little thicker. Add the spinach and wilt before serving.

Will it freeze?

Yes, cook the dish then, cool, cover and freeze.

Defrost thoroughly in the refrigerator overnight, then take out of the refrigerator an hour before cooking to take the chill off the chicken breasts.

Reheat, covered in the oven at 160C/320F for 20-25 minutes or on the hob until the chicken is piping hot throughout. You may need to add a splash of cream. Add the spinach and wilt before serving.

Leftover lunch

I like to cook an extra chicken breast with this dish, then shred/chop the chicken and serve with a salad for lunch the next day. Way tastier than plain chicken.

Equipment:

In order to make this Tuscan Chicken recipe you will need:

- A good Kitchen knife. I have recently bought [this Dalstrong one](#) and love it.
- [Chopping Board](#)
- [Measuring Spoons](#)

- [Garlic Press](#)
- [Cheese grater](#) (if you don't get ready grated Parmesan)
- Couple of small bowls for dredging the chicken
- [Whisk](#)
- [Measuring Jug](#)
- A [frying pan/skillet](#). I use a cast iron pan in the photos above
- [Oven tray/sheet](#)
- [Wooden or Silicon Coated Spoons](#). We have just bought these and love them.

Nutritional Information is per serving.

Nutritional Information

Calories: 667kcal | Carbohydrates: 36g | Protein: 63g | Fat: 30g | Saturated Fat: 10g | Cholesterol: 224mg | Sodium: 1129mg | Potassium: 2526mg | Fiber: 7g | Sugar: 18g | Vitamin A: 4392IU | Vitamin C: 67mg | Calcium: 252mg | Iron: 7mg



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