

Tuscan Chicken



ingredients

This delicious dish is creamy, colourful and easy to make!. I like it served over a bed of freshly cooked fettuccine and served with a glass of chilled Pinot Grigio.

Serves 4.

4	Chicken breasts - fresh, boneless, skinless, trimmed and cut in 2" - 3" pieces
1/2 cup	Flour
2 tsp	Tuscan Herb Blend
To taste	Salt - preferably fleur de sel
To taste	Pepper - freshly ground
3 Tbsp	Roasted Garlic Olive Oil
1/2 cup	Onion - cooking, diced
1 whole	Red pepper - fresh, sliced into 1/4" strips
1 tsp	Flour
1 1/2 cups	Cream - 10%
1/2 cup	White wine
1 Tbsp	Tuscan Herb Blend
To taste	Salt - preferably fleur de sel
To taste	Pepper - freshly ground
4-6 cups	Baby spinach - washed and cleaned

instructions

1. Cut each chicken breast into 3 or 4 large pieces. Mix the flour (1/2 cup), Tuscan Herb Blend, salt and pepper together. Dredge the chicken pieces through the flour mixture so they are evenly coated.
2. In a large sauce pan, on medium high heat, heat the Roasted Garlic Olive Oil. Place the chicken in the pan and sear for 5 minutes, turning often. The chicken should be golden brown on the outside and uncooked on the inside. Remove to a bowl and set aside until step 3.
3. Add the onions and red peppers. Cook on medium high heat, stirring constantly for approximately 2 minutes, or until the onions are golden and the red peppers are slightly softened. Stir in the additional 1 teaspoon of flour and allow to cook for 1 minute, stirring constantly. Reduce the heat to medium and stir in the cream. Allow the sauce to simmer until it thickens to

coat the back of a spoon. Add the white wine and Tuscan Herb Blend, salt and pepper. Simmer for 1-2 minutes or until the sauce thickens to coat the back of a spoon. Add the chicken pieces. Bring to a quick boil and then reduce the heat to medium low and cover the pan. Simmer for 10-15 minutes turning the chicken occasionally. Increase the heat to medium high and stir in the baby spinach. Cover and simmer until the spinach just wilts. Remove the pan from the heat. Serve immediately ... as a one dish meal ...on a bed of your favourite pasta.