



Italian Creamy Chicken
RECIPE

Italian Creamy Chicken



Cooking time 25 mins
Preparation time 10 mins
Serves 4

Chicken breasts with slivers of sundried tomato gently cooked in a cream sauce and flavoured with Royco Parmesan and Garlic Bake.

Ingredients

- 1 x Royco Parmesan & Garlic Bake
- 30ml olive oil
- 4 chicken breasts
- 1 onion, sliced
- 6 sprigs thyme, stalks discarded
- ½ cup sundried tomatoes, roughly chopped
- 100ml cream
- Juice of ½ lemon
- 2 handfuls baby spinach
- Salt
- Pepper
- Parmesan
- Basil
- Crusty bread

Method

1. Preheat the oven to 170C.
2. Prepare the Royco Parmesan & Garlic Bake to package instructions and put aside.
3. Put the oil into a pan over a medium heat. Once hot, add the chicken breasts. Allow them to get colour on both sides, then remove from the heat.
4. Add the onion, thyme and sundried tomato to the pan and fry for about 8 minutes, until soft.
5. Add the cream and Royco sauce to the pan and stir in the lemon juice and spinach.
6. Season to taste with salt and pepper.
7. Bring the sauce to a simmer then add the chicken breasts. Place a lid on the pan and allow to simmer slowly until the chicken is cooked through.

8. Serve hot with shaved parmesan and fresh basil on top, and with crusty bread on the side.

Related Recipes



[Lamb & Tomato Potjie](#)

Cooking time

120 mins

Preparation time

15 mins



[Beef Short Rib with Sweet Potato Bake](#)

Cooking time

50 mins

Preparation time

20 mins



[Curried Potatoes](#)

Cooking time

30 mins

Preparation time

10 mins



Chicken a La King

Cooking time

30 mins

Preparation time

15 mins



Peachy Chicken Casserole

Cooking time

90 mins

Preparation time

15 mins



Pork Fillet with Spicy Pineapple Relish

Cooking time

10 mins

Preparation time

60 mins



Homestyle Lamb Curry

Cooking time

30 mins

Preparation time

20 mins



Marinated Mushroom, Boerewors & Apricot Sticks

Cooking time

15 mins

Preparation time

30 mins



Hake and Broccoli Bake

Cooking time

40 mins

Preparation time

10 mins



Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

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