



TUSCAN CHICKEN

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 20 mins

Serves: 4



INGREDIENTS

- 175g chicken breasts, boneless
- 1 tsp Italian herbs
- 1 tsp pink rock salt
- 1/2 tsp black pepper
- 3 Tbsp oil
- 4 cloves garlic, minced
- 1/4 cup onion, finely chopped
- 1/2 cup sun dried tomatoes, sliced
- 2 cups baby spinach
- 1 1/2 cups natural yoghurt
- 2 teaspoons sugar
- 1/4 cup vegan parmesan cheese, grated

METHOD

- Season both sides of the chicken with Italian seasoning, salt and pepper.
- Heat 2 tablespoons of the oil in a large pan over medium heat. Add the chicken and sear for 3-4 minutes each side, until golden, remove and set aside on a plate.
- Cook the onions in the same pan with another tablespoon of the oil. Saute 3-4 minutes, until the onion has softened.
- Add the sun-dried tomatoes and garlic and cook for 2 minutes, then the spinach, yoghurt, sugar and parmesan.
- Simmer for a few minutes, add the chicken and simmer for another 5 minutes to heat through.
- Serve with mashed potato, rice if you eat it or vegetables.
- Enjoy!