

Helergon Kitchen

# Creamy Tuscan Chicken with Spinach & Sun-Dried Tomatoes

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| **15 min**<br>Prep time | **20 min**<br>Cook time | **35 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Italian**<br>Cuisine |

## Ingredients

### The Chicken

- [ ] 4 boneless, skinless chicken breasts (about 1.5 lb)
- [ ] 1 tsp Italian seasoning
- [ ] Salt and pepper, to taste
- [ ] 2 tbsp olive oil

### The Creamy Sauce

- [ ] 3 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] ½ cup grated Parmesan cheese
- [ ] 1 cup sun-dried tomatoes, roasted, drained, chopped
- [ ] 4 cups fresh baby spinach

### Final Touches

- [ ] 1 tbsp fresh basil, chopped (optional)
- [ ] 1 tsp lemon zest (optional)

## Instructions

1. Start by seasoning your chicken breasts with the Italian seasoning, salt, and pepper on both sides. I like to be generous here; it really helps the flavor sink in.
2. Warm up 1 tablespoon of olive oil in your skillet over medium-high heat. Sear the chicken until it's a beautiful golden brown and cooked through, which usually takes about 5–6 minutes per side. Once they're done, just move them to a plate and tent them loosely with foil—honestly, it keeps them so much juicier.
3. Add that second tablespoon of olive oil to the same skillet. Toss in your minced garlic and sauté it for just 30 seconds. You'll know it's ready when it smells wonderful in the kitchen.
4. Pour in the heavy cream and stir in the grated Parmesan cheese. Let it simmer for about 2–3 minutes until the sauce thickens up just a little bit.
5. Now, fold in those chopped sun-dried tomatoes and the fresh baby spinach. Keep cooking for about 3 minutes until the spinach wilts down and the tomatoes soften up.
6. Slide the cooked chicken breasts back into the skillet. Spoon that lovely sauce all over them and let everything simmer for another 2–3 minutes. You're looking for a painterly consistency here—just rich and glossy.
7. Finally, stir in the chopped basil and lemon zest if you're using them. Give it a quick taste, adjust your salt and pepper, and serve it while it's hot.

## Nutrition per serving

| 480 kcal | 38 g | 12 g | 32 g |
| --- | --- | --- | --- |
| Calories | Protein | Carbs | Fat |

### Tips & notes

- Pressing the chicken flat helps it cook evenly so you don't end up with raw centers.
- Adding a bit of broth can save the sauce if it gets too thick.
- Fresh basil adds a bright note that cuts through the richness of the cream.