



Mel's creamy chicken

Inspired by 'Marry Me Chicken'



Serves 4-6



25 minutes

INGREDIENTS

- 4 chicken breasts
- ⅓ cup plain flour
- 2 tbsp butter
- 2 tbsp olive oil
- 1 cup chicken stock
- 1 cup cream (or round up and use a whole 300ml container!)
- ½ cup parmesan, grated
- 3 cloves garlic, minced
- ⅓ cup sundried tomatoes (in oil), chopped
- 1 tsp chilli flakes (or to taste)
- Oregano (¼ tsp dried or 2 tsp fresh)
- Thyme (¼ tsp dried or 2 tsp fresh)
- Salt
- Pepper

NOTES

For an extra green veg hit, add some spinach or silver beet when you put the chicken back in the sauce to simmer.

DIRECTIONS

1. Slice or pound the chicken breasts to 1cm-thick slices or strips. Season lightly with salt and pepper, then coat with flour.
2. Heat olive oil and butter in a pan over medium heat. Fry the chicken until browned on both sides (take care not to crowd the chicken - you may need to cook it in batches, depending on the size of your pan). Once cooked, set the chicken aside on a plate.
3. Mince the garlic and chop the sundried tomatoes. Add the garlic and sundried tomatoes to the pan, along with the oil from the tomatoes' container, and saute for a minute or two.
4. Pour in the chicken stock. While it simmers, scrape the pan to un-stick any bits from the bottom and sides.
5. Turn the heat down to low, then add the cream and parmesan. Simmer for a couple of minutes (taking care not to let it boil), then season with chilli, thyme and oregano.
6. Add the chicken back into the saucepan. Simmer for a few more minutes as the sauce thickens, stirring occasionally. Taste and adjust seasoning if required.
7. Serve over pasta or rice, or with vegetables. Garnish with fresh basil if you have some on hand.



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