

Chicken & Cream with Sun Dried Tomatoes

Serves 2

- 1½ all-purpose flour
- ¼ tsp fine salt, more to taste
- 2 chicken breast cutlets (225 g)
- 1T olive oil
- 2 cloves garlic, minced or finely grated
- 30 ml dry white wine (or chicken broth)
- 90 ml chicken broth
- 60 ml heavy cream
- 9g sun-dried tomatoes, coarsely chopped
- ¼ tsp dried oregano
- ⅛ tsp red pepper flakes, or to taste, more for garnish
- 25 g freshly grated parmesan cheese
- ½ T fresh lemon juice
- 1 T finely chopped fresh basil or parsley, for garnish



1. Stir together **flour** and **salt** in a shallow bowl or plate. Lightly dredge each side **chicken** pieces in the flour mixture, shaking off any excess.
2. Heat a large skillet over medium-high heat.
3. Add **oil** to the hot pan and heat until it shimmers.
4. Add the cutlets in a single layer and cook, undisturbed, until the bottom is golden brown and the chicken releases easily from the pan, **3 to 4 minutes**.
5. Flip the chicken and brown on the other side until cooked through, **2 to 4 minutes more**. Remove the chicken to a plate and set aside.
6. Reduce the heat to medium and add **garlic**. Cook, stirring constantly until fragrant, **about 30 seconds**.
7. Add **wine** or **chicken broth** and scrape any brown bits from the bottom of the pan. Simmer until you can no longer smell alcohol, **about 1 minute**.
8. Add **chicken broth**, **cream**, **sun-dried tomatoes**, **oregano**, and **red pepper flakes**. Bring to a simmer, then reduce the heat to medium-low to maintain a simmer.
9. Add **parmesan** a little at a time, stirring after each addition, until all of it is melted.
10. Add **lemon juice** and stir to combine.
11. Let the sauce thicken slightly, 4 to 5 minutes, then place the chicken into the sauce and simmer until warmed through.
12. Taste the sauce for seasoning and adjust as needed.
13. Serve garnished with **basil** and a sprinkle of **red pepper flakes**, if desired.