

Sun-Dried Tomato Chicken Tray Bake

Serves: 1

Prep time: 10 Minutes

Cooking time: 15-20 Minutes

Ingredients:

- 1 tablespoon plain flour
- pinch salt and pepper
- 2-3 chicken thighs
- 1 tablespoon oil (I used the oil from the sun-dried tomatoes)
- 1 tablespoon butter
- ½ teaspoon grated garlic
- ½ eschallot, chopped or 1 tbsp. chopped onion
- ¼ cup of chicken stock
- ¼ cup coconut cream
- 2 tablespoons chopped sun-dried tomatoes
- 1 small handful of baby spinach, roughly chopped
- 1-2 tablespoons grated parmesan cheese
- **Garnish**
- Fresh parsley and basil, roughly chopped



Another fabulous dish that is simple to prepare and on the table in under 30 minutes
Enjoy!

Method:

Preheat oven to 160°C

- Season the flour with salt and pepper to taste
- Add the chicken thighs and toss to coat evenly
- Heat a small frying pan over medium heat
- Add the chicken to the pan and cook on both sides until golden in colour and just cooked through
- Remove from heat and place the chicken into the base of a small baking dish
- Melt the butter in the same pan as above
- Add the eschallot/onion, garlic and tomatoes, stir to cook evenly 1-2 minutes
- Add the baby spinach and stir until it wilts slightly. Then add coconut cream, stir to combine
- Pour the mixture evenly over the chicken pieces and top with grated parmesan cheese
- Cook in preheated oven for 6-8 minutes, until heated through and cheese has melted
- Garnish with chopped fresh parsley and basil
- **Serve and Enjoy!**