

Treasure Barrel

Creamy Tuscan Chicken with Spinach & Sun-Dried Tomatoes

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

Chicken Preparation

- [ ] 1 lb 4 oz boneless, skinless chicken breasts (about 4 pieces)
- [ ] 1 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp black pepper
- [ ] 1 tsp smoked paprika

Creamy Tuscan Sauce

- [ ] 3 cloves garlic, minced
- [ ] 1/3 cup sun-dried tomatoes, chopped
- [ ] 1 cup heavy cream
- [ ] 1/2 cup low-sodium chicken broth
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] 6 cups fresh spinach, loosely packed
- [ ] 2 tbsp unsalted butter

Instructions

1. Start by patting your chicken breasts dry with a paper towel—it really helps get that gold color. Season both sides generously with the sea salt, black pepper, and smoked paprika. I like to be a bit liberal with the paprika; it gives such a lovely warmth.

2. Heat 1 tbsp olive oil in a large skillet over medium-high heat. Once it's shimmering, add the chicken and sear for 5–6 minutes per side. You're looking for a beautiful golden brown crust and an internal temperature of 165°F. Once they're done, just pop them onto a plate for a little bit.

3. In that same skillet—don't you dare wash it, those brown bits are where the flavor is—add the minced garlic and chopped sun-dried tomatoes. Sauté for about 1 minute until it smells wonderful, swirling the pan to let those sun-dried tomatoes release their oils.

4. Pour in the heavy cream and chicken broth. Bring the mixture to a gentle simmer, just a few lazy bubbles, and cook for 2–3 minutes. You'll notice the sauce start to thicken slightly, which is exactly what we want.

5. Stir in the freshly grated Parmesan cheese. Keep stirring until it's fully melted and the sauce looks silky and smooth. Honestly, if you think it needs a pinch more salt, go ahead and add it now.

6. Fold in the fresh spinach. It looks like a lot, but just give it about 2 minutes of cooking until it wilts down. Make sure every leaf is coated in that rich sauce.

7. Return those seared chicken breasts to the skillet. Spoon some of that gorgeous sauce right over the top of them. Simmer uncovered for another 2 minutes; it lets the flavors meld and the chicken steam through just right.

8. To finish things off, swirl in 2 tbsp unsalted butter. Whisk it in quickly for a bit of extra richness and a glossy finish that looks just like a restaurant dish.

Nutrition per serving

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

Tips & notes

- Allowing the chicken to rest ensures the juices stay put.
- A splash of lemon juice can cut through the richness of the cream.
- Freshly grated cheese melts much smoother than the pre-shredded kind.