



Creamy Sun Dried Tomato Parmesan Chicken



Ingredients for the Chicken:

- 2 large boneless and skinless chicken breasts, halved horizontally to make 4 fillets
- 2 tablespoons all purpose flour
- 2 tablespoons finely grated fresh Parmesan cheese
- 1 teaspoon salt
- Cracked pepper

Ingredients for the Sauce:

- 2 tablespoons reserved sun dried tomato oil
- 2 tablespoons minced garlic
- 7oz jarred sun dried tomato strips in oil, drained (reserve 2 tablespoons for cooking)
- 1 cup sliced mushrooms (8 oz)
- 1½ cups milk
- 1 tablespoon cornstarch mixed with 2 tablespoons of milk
- ⅓ cup fresh grated Parmesan cheese
- ½ teaspoons Italian herbs (optional for added flavor)
- 2 tablespoons fresh shredded basil, garnish

Method:

1. In a shallow bowl, combine the flour, parmesan cheese, salt, and pepper.
2. Dredge the chicken in the flour mixture, then shake off excess and set aside.
3. Heat 1 tablespoon of the reserved oil in a large skillet over medium-high heat until hot. Fry the chicken until golden on each side, cooked through and no longer pink (about 5-6 minutes each side, depending on the thickness of your chicken). Transfer onto a warm plate.
4. Add the remaining 1 tablespoon of oil to the skillet, sauté the garlic until fragrant (about 1 minute). Add the sun dried tomatoes and mushrooms. Fry until the mushrooms are just soft.
5. Reduce heat to low-medium heat, add the milk, and bring to a gentle simmer, stirring occasionally. Season with salt and pepper to your taste and add the milk/cornstarch mixture. Continue to simmer while quickly stirring the mixture through until the sauce thickens.
6. Add in the parmesan cheese, and allow sauce to simmer for a minute until cheese melts through the sauce. Add the chicken back into the pan; sprinkle with the fresh basil and a little extra pepper (optional), and serve over pasta, rice or steamed vegetables.