

Eat The View

Recipes and Tips

Tuscan Chicken from Mary Berry

4 large skinless chicken thighs
2 tablespoons plain flour
2 teaspoons paprika
Salt and pepper
2 tablespoons olive oil
1 large onion, finely chopped
1 large red pepper, finely diced
2 garlic cloves, crushed
2 teaspoons tomato puree
30g sun-dried tomatoes, chopped
300 ml chicken stock
150 ml pouring double cream
150g baby spinach
55g parmesan, grated

Coat the chicken thighs with the flour and paprika, salt and pepper.

Heat the oil in a large, deep frying pan over a high heat. Add the chicken and fry for 3-4 minutes on each side, until browned and crisp. Set aside.

Add the onion and pepper to the unwashed pan and fry over a medium heat, until soft. Add the garlic and fry for another 30 seconds.

Stir in the puree, sun-dried tomatoes, and stock and bring up to the boil. Return the chicken to the pan with any juices, cover, reduce the heat and simmer for about 30 minutes, until tender.

Add the cream and spinach and stir until wilted. Remove from the heat, sprinkle with the cheese and serve.