



Choco Fever Dream

Creamy Tuscan Chicken with Spinach & Sun-Dried Tomatoes

10 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

30 min

Total time

Mediterranean

Cuisine

Ingredients

The Chicken

- ☐ 4 boneless skinless chicken breasts (about 1.5 lbs)
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 1 teaspoon salt
- ☐ ½ teaspoon freshly ground black pepper
- ☐ 1 teaspoon Italian seasoning

The Tuscan Sauce

- ☐ 3 cloves garlic, minced

- ☐ 1 cup sun-dried tomatoes, chopped (thinly sliced, drained)
- ☐ 2 cups fresh spinach (about 8 oz, loosely packed)
- ☐ 4 ounces cream cheese, softened
- ☐ 1 cup heavy cream
- ☐ 1 cup grated Parmigiano-Reggiano
- ☐ 2 tablespoons chicken broth (optional)

For Garnish

- ☐ 2 tablespoons fresh parsley, chopped (for garnish)

Instructions

- 1** Start by seasoning your 4 boneless skinless chicken breasts with salt, pepper, and Italian seasoning on both sides. I like to be generous here; it really builds that foundation of flavor.
- 2** Heat the 2 tablespoons extra-virgin olive oil in a large skillet over medium-high heat. Sear the chicken for about 3–4 minutes per side until they're a lovely golden brown. Once they look just right, transfer them to a plate and set them aside for a bit.
- 3** Turn your heat down to medium. Add those 3 cloves garlic, minced, to the skillet and sauté for about 30 seconds. Wow, the smell of garlic hitting the pan is honestly the best part.
- 4** Now, stir in the 1 cup sun-dried tomatoes, chopped (thinly sliced, drained) and cook for about 1 minute, just stirring to combine everything.
- 5** Add in the 2 cups fresh spinach (about 8 oz, loosely packed). Cook and stir constantly until the leaves have wilted—that usually takes about 2 minutes. Look for that bright green color.
- 6** Lower your heat to low. Fold in the 4 ounces cream cheese, softened, along with 1 cup heavy cream, 1 cup grated Parmigiano-Reggiano, and the 2 tablespoons chicken broth (optional). Stir it all together for 3–4 minutes until the sauce thickens up and coats the back of your spoon. Give it a taste and adjust the seasoning if you feel it needs it.

- 7 Gently return the seared chicken breasts to the skillet, spooning that rich sauce all over them. Let them simmer gently for 4–5 minutes, or until your thermometer shows an internal temperature of 165°F.
- 8 Take the skillet off the heat and sprinkle the 2 tablespoons fresh parsley, chopped (for garnish) over the top for a little bit of freshness.

Nutrition per serving

500 kcal

Calories

35 g

Protein

5 g

Carbs

30 g

Fat

Tips & notes

- Using a meat thermometer is the only way to be sure your chicken stays juicy without overcooking.
- The cream cheese adds a wonderful thickness and tang that balances the rich heavy cream.
- If you're using sun-dried tomatoes packed in oil, you can use a tablespoon of that oil for searing.