

25-Minute Creamy Tuscan Chicken (No Dairy)

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Servings: 4

Ingredients

- 1 shallot, diced
- 4 cloves garlic, minced
- 1 tbsp Italian seasoning
- 1 tsp sea salt
- 1 tsp pepper
- 4 chicken breasts, (or chicken thighs, see notes)
- 2 tbsp ghee, (can sub avocado oil if needed for dairy-free)
- 1/4 cup chicken broth, see notes
- 2 tbsp arrowroot starch, see notes
- 1.5 cups full fat coconut milk
- 1/2 cup sun dried tomatoes
- 1/4 cup basil, chopped
- 3 cups spinach
- Chopped parsley, optional topping



Steps

1. Prepare shallot and garlic as noted. Place Italian seasoning, sea salt and pepper in a small bowl and mix.
2. Place the chicken breasts between two pieces of parchment paper and pound them down to make them even in thickness (skip if using chicken thighs). Sprinkle each side of the chicken with the Italian seasoning mix.
3. Heat a large skillet over medium heat and add ghee.
4. Once hot, add the chicken to the pan (you may have to cook the chicken in 2 batches depending on the size of your pan). Cook, without disturbing for 3-4 minutes, until a nice brown crust has formed. Flip and cook another 3-4 minutes on the other side, until the chicken is mostly cooked through.
5. While the chicken is cooking, whisk together chicken broth and arrowroot starch.
6. Remove chicken from the skillet and set aside. Lower the heat to medium.
7. Add more ghee if needed and add the garlic and shallot to the pan. Cook, stirring constantly, for 1-2 minutes.
8. Add coconut milk, chicken broth, sun dried tomatoes and basil to the pan. Stir to mix, scraping up any browned bits remaining in the pan from when you cooked your chicken.
9. Add the chicken breasts back to the skillet with the sauce. Cover and turn heat down to low. Simmer for about 5 minutes, or until the chicken is fully cooked.
10. When the chicken is almost finished, add in the spinach. You might have to add it in in batches. Stir the spinach in until wilted.
11. Serve with vegetables, potatoes, rice or cauliflower rice. Spoon some sauce over everything for serving. Sprinkle with chopped parsley (optional).

Notes

- You can use chicken thighs instead of breasts for this recipe. You should not have to pound the thighs (step 2). Adjust cooking time if needed to ensure the chicken is fully cooked.
- If your sauce is too thick, add in more chicken broth to get the consistency you want.
- If you don't have arrowroot starch, you can substitute tapioca starch or corn starch. Corn starch is not considered Paleo or Whole30.