

Ingredients



- 8 boneless chicken breast
- kosher salt and freshly ground black pepper, to taste
- 3 tablespoons unsalted butter, divided
- 3 cloves garlic, minced
- 1 cup chicken broth
- 1/2 cup heavy cream
- 1/3 cup julienned sun dried tomatoes in olive oil, drained
- 1/4 cup freshly grated Parmesan
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil

Sun Dried Chicken

MOM
fueling
HUNGRY
BOYS

Instruction

- Preheat oven to 400 degrees F.
- Season chicken with salt and pepper, to taste.
- Melt 2 tablespoons butter in a large oven-proof skillet over medium high heat.
- Add chicken, and sear both sides until golden brown, about 2-3 minutes per side; set aside.
- Melt remaining tablespoon butter in the skillet. Add garlic, and cook, stirring frequently, until fragrant, about 1-2 minutes.
- Stir in chicken broth, heavy cream, sun dried tomatoes, Parmesan, thyme, oregano and basil.
- Bring to a boil; reduce heat and simmer until slightly thickened, about 3-5 minutes.
- Return chicken to the skillet.
- Place into oven and roast until completely cooked through, reaching an internal temperature of 175 degrees F, about 25-30 minutes.
- Serve immediately, garnished with basil, if desired.

