FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Tuscan Chicken with Spaghetti



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**335 kcal**

Stuff that's in it:

• 4 Portions Wholewheat Spaghetti (Cooked As Per Packet Instructions)

• 4 Chicken Breasts (If You Use Skin On Like Me, The Calories Will Be More, I Remove The Skin Before Eating)

• 2 Cloves Garlic

• 1 Tsp White Wine Vinegar

• 200Ml Half Fat Creme Fraiche

• 100G Italian Sun Dried Tomatoes In Olive Oil (Xxx)

• 30G Parmesan Cheese

• Large Handful Baby Spinach

• 60G Red Onion

What you do:

Flatten your chicken breasts in between cling film using a mallet or a rolling pin.

Use the oil from the 100g sun dried tomatoes to fry the chicken, each side for around 7+ minutes each side . . . it might be worth using a probe thermometer here, as chicken tends to be slightly different sizes, make sure each one is over 75˚c all the way through, set aside.

Add the onion, garlic and sun dried tomatoes, gently fry for 2 minutes, add the vinegar, simmer for 1

minute, then add the creme fraiche spinach and Parmesan, heat through, add the chicken, bring to a bubble then serve.

Nutrition

- Carbs: 7g
- Fat: 15g
- Protein: 42g

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