

Marry Me Chicken

Yields: 4 servings	Prep Time: 10 minutes	Cook Time: 40 minutes	Total Time: 50 minutes
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Ingredients:

- 4 pieces of boneless, skinless chicken breasts
- 1 tbsp avocado oil
- Salt and black pepper, to taste
- 4 cloves garlic, minced
- ¼ cup chopped sundried tomatoes
- 1 cup spinach leaves
- 1 cup heavy cream
- ½ cup grated parmesan cheese
- 1 tsp dried basil
- 1 tsp dried oregano
- Fresh parsley, chopped (for garnish)



Instructions:

1. Preheat the oven to 375F.
2. Season the chicken breast with salt and pepper.
3. Heat the oil in a large oven-safe skillet over medium-high heat. Add the chicken breasts and cook until browned on both sides, about 3-4 minutes per side. Remove the chicken from the skillet and set aside.
4. Reduce the heat to medium-low and add the minced garlic to the skillet. Sauté for about 1 minute until fragrant.
5. Add the sundried tomatoes and spinach to the skillet. Cook for 2-3 minutes until the spinach wilts.
6. Pour in the heavy cream, grated parmesan cheese, dried basil, and dried oregano. Stir well to combine.
7. Return the chicken breast to the skillet, nestling them into the creamy tomato mixture.
8. Transfer the skillet to the preheated oven and bake for about 10-15 minutes for thinner chicken breasts and 20-25 minutes for thick chicken breasts or until the chicken is cooked through and reaches an internal temperature of 165F.
9. Once cooked, remove the skillet from the oven and let it rest for a few minutes.
10. Garnish the chicken with chopped fresh parsley.