

Creamy Tuscan Chicken: A Delicious Dinner in Under 30 Minutes

Looking for a quick, hearty dinner that's ready in less than 30 minutes? This **Creamy Tuscan Chicken** is a great choice, made with NutraFarms' air chilled, antibiotic-free chicken breast for an added boost of quality and taste. Whether you serve it over pasta, rice, or enjoy it solo, this dish is sure to please.

Ingredients

- 1 onion, diced
- 5 cloves of garlic, minced
- 4 pieces NutraFarms air chilled, antibiotic-free chicken breast
- 1 cup heavy cream (or milk alternative like coconut milk)
- ½ cup roasted red peppers
- 2-3 cups baby spinach
- Parmesan cheese, to taste
- Salt, pepper, and Italian seasoning, to taste



Instructions

1. **Season and Cook the Chicken:** Begin by seasoning the chicken breasts with salt, pepper, and Italian seasoning to taste. Flatten the chicken breasts for even cooking, which also helps retain juiciness. In a heated pan over medium heat, cook the chicken for 5 minutes on each side until golden. Set the chicken aside once done.
2. **Deglaze the Pan and Prepare the Sauce:** Deglaze the pan to release any browned bits, then add the diced onion, minced garlic, and roasted red peppers. Sauté for 3-5 minutes until the onions soften and become fragrant.
3. **Add the Cream and Spinach:** Pour in the heavy cream (or milk substitute) and let it meld with the aromatics. Add the spinach and stir until it's wilted, creating a rich, creamy sauce.
4. **Simmer with Chicken:** Return the chicken breasts to the pan, nestling them into the sauce. Let the mixture simmer for an additional 5 minutes to allow the chicken

to soak up the Tuscan flavours.

5. **Serve and Enjoy:** Sprinkle with Parmesan cheese to taste, and serve your creamy Tuscan chicken with pasta, rice, or on its own. Dinner is ready in under 30 minutes!



Why Choose Nutrafarms' Antibiotic-Free Chicken?

Using Nutrafarms antibiotic-free chicken breast not only enhances the flavour but also provides a healthier, cleaner protein choice for your family. Raised without antibiotics, Nutrafarms' chicken is a safe and delicious option that aligns

with your health-conscious values. [Learn more about our pastured and ABF chicken here.](#)



Conclusion

This **Creamy Tuscan Chicken** is a quick, nutritious, and flavourful dinner option you can make in less than 30 minutes that the entire family will love. Perfect for busy nights, this recipe delivers on taste and quality.