

CHICKEN FLORENTINE

WITH SUN-DRIED TOMATOES

 6 servings

 30 minutes



INGREDIENTS

6 chicken breasts
salt & pepper
2 Tbsp butter
2 Tbsp minced garlic
1 C chicken stock
½ C white wine
1 C heavy cream
Italian Seasoning to taste
8 oz - parmesan cheese
2 handfuls fresh spinach
½ jar sun-dried tomatoes

DIRECTIONS

1. Season chicken with salt & pepper
2. Cook chicken on medium-high just long enough to get a nice sear on both sides
3. Pop chicken into the air fryer at 350 about 15 minutes (or until it reaches 165 degrees)
4. In the same skillet, add butter and garlic
5. Pour in chicken stock and wine
6. Reduce heat and add cream, parmesan, and Italian Seasoning
7. Simmer until slightly thickened
8. Add spinach and sun-dried tomatoes
9. Return chicken to skillet, coating them with sauce
10. Serve over pasta