

LILLY HIGGINS DATE NIGHT RECIPE

Marry Me Chicken

Preparation

If using chicken breast, butterfly it, cut horizontally. Coat in flour.

Cooking

Heat your oil, cook on a high heat, five minutes each side. Set to the side.

Lower the heat, add sun-dried tomato and garlic, stir to combine and cook for a few minutes to remove any raw flavour from the garlic. Add the dried herbs and paprika. Stir to combine. Pour over the stock, cream, Parmesan and season generously with salt and pepper.

Return the chicken to the pan and sit it into the sauce. Put the lid back on the pan and cook for three minutes. Turn the chicken and cook for another three minutes. Remove the pan from the heat. Check that the chicken is cooked through.

Presentation

Squeeze lemon juice over the top and scatter Parmesan and basil leaves over the top. Serve right away. You can serve with ready-made tortellini or butterbeans. It goes well with baked potatoes (air fryer) or a big green salad. You can make it in the slow cooker too, which is great to get ahead early in the day.

For extra flavour – use the oil from the sundried tomatoes, this is also great for salad dressings or marinades. You could add black olives but add less salt if you do. You could also stir through some baby spinach, or green beans, frozen will work here for speed!

My children like this as it has a bit of a carbonara flavor. So. you can portion some away for them if you still have your practical parent head on you.

Dessert

A light dessert like a lemon tart or lemon posset would be great to follow.