

Tuscan Chicken

4	<i>Chicken Breasts (skinless / boneless)</i>
	<i>Salt & Pepper to taste</i>
	<i>Olive Oil for sauté</i>
1	<i>1 Shallot, finely chopped (or Onion)</i>
1	<i>Handful mushrooms, chopped</i>
250g	<i>Cherry Tomatoes, halved</i>
½ Tsp	<i>Red Pepper flakes</i>
1 Tsp	<i>Dried Oregano</i>
1 Tsp	<i>Dried Thyme</i>
4	<i>Cloves of Garlic, minced</i>
½ Cup	<i>Sun-Dried Tomatoes, chopped</i>
1 Cup	<i>Dry White Wine</i>
½ Cup	<i>35% Cream</i>

- 1.** Season chicken with salt and pepper.
- 2.** Preheat oil in a heavy pan over medium heat.
- 3.** Sauté the chicken until lightly browned and they are cooked $\frac{3}{4}$ of the way through.
- 4.** Transfer the chicken to a plate.
- 5.** To the same pan add shallot, mushrooms, tomatoes, oregano, thyme, and red pepper flakes; cook until the shallot starts to soften.
- 6.** Add garlic and sun-dried tomatoes to the pan.
- 7.** Pour the white wine into the pan and cook, scraping up any fond from the bottom of the pan.
- 8.** Reduce the heat to medium-low and stir the cream into the mixture.
- 9.** Simmer until the sauce begins to thicken.
- 10.** Return the chicken to the pan and simmer in the sauce until the chicken is fully cooked.