



DropChef Creamy Spinach & Tomato Chicken With Crispy Potatoes

A comforting dish featuring tender chicken in a rich, creamy spinach and tomato sauce. Served alongside golden, crispy potatoes, it offers a perfect balance of savory flavors and satisfying textures.

Nutritional Info

Calories: 629 kcal
Carbohydrates: 82 g
Protein: 47 g
Fat: 14 g

Ingredients

- Chicken Fillet
- Low fat cream cheese
- Flouiry Potato
- Parmesan
- Shallot
- Sundried tomato
- Baby Spinach
- Sweet Paprika
- Fresh Parsley
- Plain Flour
- Garlic Clove
- Chicken Stock Cube

Your Pantry

- Olive Oil
- Salt
- Pepper

Allergens

Wheat (Flour)
Milk (Cheese)
Celery (Stock Cube - may also contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the kettle and preheat the oven to 200°C fan

2) Prepare the vegetables and make the stock

Peel and finely chop the shallots and garlic. Roughly chop the spinach and sundried tomatoes. Finely chop the parsley. Make the stock up to 170ml per person. Chop the potatoes into bite-sized cubes (similar size to a dice)

3) Make the crispy potatoes

Place the potatoes on a lined baking tray and season with salt, pepper, and a drizzle of oil. Mix well so all potatoes are coated then transfer to the hot oven for 25-30 minutes or until cooked through, golden, and crispy (make sure to turn them half way through). While the potatoes cook...

4) Flatten the chicken breasts

Wrap the chicken breasts in clingfilm or in a ziplock bag. Use a rolling pin, or a wine bottle (carefully) to bash the chicken to make it flat (about 2cm thick). Mix the flour with salt and pepper on a plate. Lay the chicken breasts into the flour and then turn over to ensure they are fully coated. Set aside.

5) Sautee the shallots

Place a frying pan to the heat with another drizzle of oil, then add the shallots and sauté for 4-5 minutes or until softened and caramelising. Add the sundried tomatoes and the garlic and cook for another two minutes. Scoop the veggies out of the pan and set aside on a plate while you cook the chicken....

6) Seal the chicken

Return the pan to medium heat with a drizzle of oil. Once hot, lay the chicken breasts in and fry for about 2 minutes on each side, or until sealed and turning golden on the outside (they should not be completely cooked through yet).

7) Finish the chicken

Return the vegetables to the pan with the smoked paprika and mix well, then add the stock, parmesan and cream cheese. Mix well and bring to a simmer for about 4-5 minutes or until the chicken is cooked through and the sauce is thickened. Stir in the parsley and then the spinach. Cook until wilted.

8) Plate the dish

Plate the crispy potatoes alongside the chicken and enjoy!



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