

Creamy chicken with super greens

SERVES 4 | PREP TIME 15 MINS | COOK TIME 10 MINS

INGREDIENTS

For the chicken:

- 1 brown onion
- 1 punnet of mushrooms (or 250g)
- 2-3 cloves of garlic (optional)
- 2 tablespoons of olive oil
- 500-600g of boneless, skinless chicken thighs
(check pack weight or ask your butcher)
- ¼-½ cup of semi-dried tomatoes, roughly chopped
- ¼ cup cream*
- 1 teaspoon salt
- 1 sprig of thyme or rosemary

For the super greens:

- 1 pack of green beans (250g)
- 1 bunch of kale or silverbeet
- 1 lemon zested and juiced
- 1 bag of spinach
- 1 tub of sour cream (250g)

For the garnish:

- 2 tablespoons parsley leaves, roughly chopped

** Note, if you are cooking this for the minimum amount of time you should leave the lid off to thicken the sauce.*

METHOD

Slice the onion, quarter the mushrooms and finely chop the garlic (if using). Turn the electric frypan on to high. Add the oil and the vegetables and cook for 3-4 minutes. Place the chicken thighs along with the remaining chicken ingredients and bring to a simmer. Once simmering, reduce the heat to low and cover with a lid. Cook for a minimum of 25 minutes until the chicken is tender and cooked through.

Trim the ends of the green beans and cut in half. Pick the leaves off the kale (if using silverbeet, cut the leaves away from the stems and roughly chop the leaves. Finely slice the stems, wash along with the leaves and drain well), wash and drain.



Once the chicken has cooked, remove the lid and add the super greens. Stir the super greens through and cook for 2-3 minutes until tender. Turn the electric frypan off, stir through the lemon and the spinach. There should not be a lot of liquid at this stage. If there is, pour off most of the liquid. Fold the sour cream through the sauce, season to taste with salt and pepper.

To serve, spoon the chicken into bowls and sprinkle over the chopped parsley.

Recipe brought to you by Chef Craig Rodger and the best-selling book *What The Fast!*