

Braised Chicken in Sun-Dried Tomato Cream

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Ingredients:

- 1 pound of boneless skinless chicken thigh (trimmed)
- salt and pepper to season
- 1 tablespoon of oil from the oil-packed sun-dried tomatoes
- 3 cloves of garlic, finely chopped
- 2/3 cup of white wine (I used a Sauvignon Blanc)
- 1/2 cup of heavy whipping cream
- 1/4 cup of oil-packed sun-dried tomatoes, drained and sliced
- 1 tablespoon of chopped fresh Italian parsley + extra for garnish
- 1/2 tablespoon of chopped fresh mint
- 1 teaspoon of chopped fresh tarragon

Preparation:

Season chicken thighs with salt and pepper. In a large sauté pan over medium high heat, add oil and chicken to the skillet and cook until brown, about 3-4 minutes per side. Transfer chicken to a plate; set aside. Add garlic and stir for 30 seconds, be sure not to burn the garlic. Add white wine, cream and tomatoes. Stir to combine and bring the mixture to a boil. Slide chicken back into the skillet and cover. Reduce the heat to medium low and simmer until chicken is just cooked through, about 3-4 minutes. Transfer chicken to a serving plate. Add parsley, mint and tarragon to the sauce. Increase the heat and boil until sauce thickens enough to coat the spoon, about 1-2 minutes. Check the sauce for seasoning then spoon over the chicken. Sprinkle extra chopped parsley on top and serve.