

Classic Chicken Florentine: A Quick and Elegant Dinner

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TIME
7 min

TEMP
165°F

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SAVE
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INGREDIENTS

- 4 boneless, skinless chicken breasts
- Salt and pepper, to taste
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1/2 cup sun-dried tomatoes, chopped
- 1 cup heavy cream
- 1/2 cup chicken broth
- 1/2 cup grated Parmesan cheese
- 2 cups fresh spinach leaves
- 1 teaspoon Italian seasoning

DIRECTIONS

- 1.** Prepare the : Chicken: Pat the chicken breasts dry with a paper towel. This is a crucial step for achieving a proper sear. Season both sides generously with salt and pepper.
- 2.** Cook the : Chicken: Heat the olive oil in a large skillet over medium-high heat. Add the chicken breasts to the pan and cook for 6-7 minutes per side, or until they are golden brown and cooked through. The internal temperature of the chicken should reach 165°F (74°C). Remove the chicken from the skillet and set it aside.
- 3.** Make the : Sauce: In the same skillet, reduce the heat to medium. Add the minced garlic and sauté for about 1 minute until fragrant. Add the chopped sun-dried tomatoes and cook for another 2 minutes. Stir in the heavy cream and chicken broth. Bring the sauce to a gentle simmer and let it cook for 3-4 minutes, stirring occasionally, until it thickens slightly.
- 4.** Finish the : Sauce: Stir in the grated Parmesan cheese and the Italian seasoning. Continue to stir until the cheese has melted and the sauce is smooth and velvety.
- 5.** Add the : Spinach: Add the fresh spinach leaves to the skillet and stir them into the sauce. Let the spinach cook for about 1 minute until it has fully wilted.
- 6.** Combine and : Serve: Return the cooked chicken to the skillet, placing the breasts in the sauce. Spoon some of the sauce over the top of the chicken to coat it. Let it simmer for another 3-4 minutes to heat the chicken through. Serve the dish hot, garnished with extra Parmesan if desired.

SWAPS & NOTES

Chicken : Chicken breasts are a classic choice for this dish, but you can also use boneless, skinless chicken thighs for an even more flavorful and juicy result.

The cooking time will be about the same.

Sun-Dried Tomatoes : The sun-dried tomatoes add a wonderful salty, sweet, and umami flavor that is essential for this dish.

Use the kind that are packed in oil for the best results, as the oil adds extra flavor.

TIPS FOR SUCCESS

Pat the Chicken Dry : Patting the chicken dry is the most important step for getting a beautiful sear.

Moisture on the surface will cause the chicken to steam instead of sear.

Don't Overcrowd the Pan : Cook the chicken in batches if necessary.

Overcrowding the pan will lower the temperature and prevent a good sear.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/classic-chicken-florentine-a-quick-and-elegant-dinner/>