



Chicken Scaloppine with Spinach & Artichokes

LEVEL: Easy

PREP TIME: 10 mins

COOK TIME: 20 mins

What is a good home-cooked meal? How about something delicious, heart warming and satiating with lean protein, plenty of fibre for your gut, vitamins, minerals and antioxidants to boost your immunity. It only takes a few ingredients, a skillet and half an hour. The recipe is suitable for batch cooking, just remember to store the chicken and veggies separately.

Ingredients (serves 2-3)

- 3 x 100g boneless, skinless chicken breasts
- 1 tsp salt, 1/2 tsp parsley, 1/2 tsp oregano, 1/2 tsp thyme, 1/2 tsp basil, 3 tbsp coconut flour
- 4 tbsp extra virgin olive oil or ghee
- 6 cups baby spinach, 3 cloves garlic sliced
- 1/2 cup coconut cream, 2 x 400g cans artichoke hearts in water, drained, juice of 1 lemon

Method

- Lay the chicken breasts on a cutting board, cover them with cling film (optional), then flatten the chicken breasts to less than 1cm thick with a tenderiser, or a kitchen mallet, or a rolling pin.
- Mix 1 tsp salt, all the dried herbs and coconut flour in a small bowl. Dust the flattened chicken breasts with seasoned flour.
- Heat a skillet or heavy frying pan over medium heat. Once hot, add 3 tbsp olive oil or ghee. Pan-fry the floured chicken breasts for 4-5 mins on each side, until golden brown and cooked through.
- Remove the chicken from the skillet with tongs, cover them with foil to keep warm, then set aside.
- Pour the remaining 1 tbsp olive oil in the pan, quickly add the spinach and garlic, season with salt and pepper, sauté for 3 minutes, until the spinach is tender. Stir in the coconut cream, artichoke and lemon juice, cook to a gentle boil. Then remove from heat and serve.
- Store the leftover chicken and vegetables separately in the fridge for up to 5 days. Reheat in separate pans before serving.