

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Valentine Pesto Chicken

### Ingredients Serves 4

500g skinned chicken breasts  
Salt and black pepper  
2 tbsp basil pesto  
2 tbsp olive oil  
250g cherry tomatoes, halved

### Sauce

1 tbsp plain white flour  
2 minced garlic cloves  
½ tbsp basil pesto  
200mls single cream or reduced fat crème fraiche  
Salt and black pepper  
Freshly shaved parmesan cheese

### Method

Slightly flatten the chicken breasts and season with salt and pepper. Rub the chicken with basil pesto. Heat the oil in a non-stick frying pan. Add the chicken and cook for 5 minutes on each side until thoroughly cooked.

Meanwhile prepare the sauce by combining the flour, garlic, basil pesto, cream, salt and black pepper in a mixing bowl.

Remove chicken from pan. Return pan to the heat and stir in the tomatoes. If the pan is dry add a little more olive oil.

Cook the tomatoes over a medium heat for 1 minute or just beginning to soften.

Add the prepared sauce to the pan and bring to a gentle boil.

Place the chicken back into the pan and cook for 2-3 minutes or until heated through and the sauce has thickened.

Remove from the heat. Serve onto warm plates and garnish with the shaved parmesan.

Serve with potatoes, pasta ribbons or rice and a salad.

### Per person

299 cals  
Fat 13g  
Carbs 12g  
Protein 30g  
Protein 30g