

Chicken breast with sun dried tomatoes and tarragon and paprika sauce

A quickly made dish, lovely served with new potatoes and baby vegetables or try it with my mushroom and broccoli in coriander and garlic - yummy!

Could also be served with pasta, rice or a mixed salad.

Ingredients:

- 4 Chicken Breast fillets
- 4 Tablespoons of lemon juice
- 2 teaspoons of Paprika
- 1 garlic clove, crushed
- 1 tbsp fresh Tarragon, chopped (or use dried or freeze dried)
- 2oz (50g) Butter
- 10 sun dried tomatoes - best bought in jars in oil as leftovers will keep for another day
- Quarter pint double cream - we use reduced fat cream substitute as a healthier option
- Salt
- Chilli powder to taste
- Generous bunch of rocket leaves

Method:

Slice the chicken breast fillets thinly across ways and place in a bowl with the lemon juice, paprika, tarragon and garlic. Mix and leave to stand for 10 minutes.

Melt the butter in a pan and add the chicken mixture cooking gently stirring now and then for approx. 10 minutes. Meanwhile slice each sun dried tomato into 3 or 4 pieces.

When the chicken is cooked remove it from the pan. Stir the cream into the juices in the pan then return to the heat and bring to the boil, reduce the heat and stir in the salt and chilli powder to taste. Return the cooked chicken to the pan together with the sun dried tomatoes, stir until warmed through then add the rocket leaves (reserve a few for garnish) stir until the leaves are just wilted.

Garnish with the remaining rocket leaves.