

# Mary Berry Tuscan Chicken



**Serves 6    Prep 10 mins**

**Cooking 30 mins**

**Easy**

## Ingredients

6 large skinless chicken thighs, bone in	2 tsp tomato purée
2 tbsp plain flour	30g sun-blushed tomatoes, chopped
2 tsp paprika	150ml (¼ pint) white wine
2 tbsp olive oil	150ml (¼ pint) chicken stock
1 large onion, finely chopped	150ml (¼ pint) pouring double cream
1 large red pepper, deseeded and finely diced	150g baby spinach
2 garlic cloves, crushed	55g Parmesan, grated

1. Place the chicken thighs in a bowl. Add the flour and half the paprika and season well with salt and freshly ground black pepper. Toss together to coat.
2. Heat the oil in a large, deep frying pan over a high heat. Add the chicken and fry for 3–4 minutes on each side, until browned and crisp. Set aside on a plate.
3. Add the onion and pepper to the unwashed pan and fry for 4–5 minutes over a medium heat, until soft. You may need a little more oil. Add the garlic and fry for 30 seconds.
4. Stir in the purée, tomatoes, wine and stock and bring up to the boil. Return the chicken to the pan with any resting juices, cover, reduce the heat and simmer for about 30 minutes, until tender.
5. Add the cream and spinach to the pan and stir until wilted. Remove from the heat, sprinkle with the cheese and serve piping hot.
6. **Mary's Tips:** Can be made up to a day ahead. Freezes well (after stage 4).