

# SUN-DRIED TOMATO CHICKEN & MASHED POTATOES

This simple creamy chicken skillet recipe leans on dried tomatoes for a robust flavor and color in the sauce. Sun-dried tomatoes are quick to rehydrate and the liquid they're soaked in can an additional layer of flavor to any dish. Store leftover tomatoes in olive oil to use another day!



## Ingredients

- 4 chicken breasts
- 3 - 4 sprigs thyme
- 1 large clove garlic
- 1 cup sun dried tomato soaking liquid
- 1/2 head cabbage
- ½ c sun dried tomatoes
- 4 oz sour cream (split)
- 2 - 2.5 lbs potatoes

From your pantry

- 4 tbsp butter
- 2 tbsp vinegar (split)
- 1 tbsp honey or sugar
- 1 tsp mustard
- 1 carrots, grated (optional)
- oil
- salt and pepper

### Equipment:

- Large pot
- Medium skillet

**PREPARATION: 15 MIN**

**COOKING: 25 MIN**

**READY IN: 40 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.*

*Wash and dry all produce.*

**1.** In a small bowl, add **sun dried tomatoes** cover with 1 cup boiling water. Allow to soak for 2 minutes. Drain and reserve the sundried tomato soaking liquid. Mince or grate **garlic**. Remove **thyme** leaves from stems. Chop **potatoes** into 1" cubes (skin optional). Cut **cabbage** into quarters and shred using a peeler or thinly slice with knife. Peel and grate **carrots** (optional). Cut **chicken breasts** into thick slices about 2" wide and 4" long.

**2.** Prepare potatoes: In a large pot add potatoes and cover by 2" of cold water. Bring to a boil over medium-high heat and cook until potatoes are soft, 15-20 minutes. Drain potatoes and return to pot. Mash potatoes. Stir in **butter** and **1 oz sour cream**. Salt and pepper to taste. Cover to keep warm.

**3.** While the potatoes are boiling season the **chicken breasts** using a pinch of salt and pepper. Heat 1 tbsp oil in a medium skillet over medium-high heat. Add chicken and cook, stirring occasionally until the chicken is cooked through and browned, about 5-8 minutes. Add 1 tbsp **sherry vinegar** and cook for 1 min. Add **garlic** and **thyme** and cook another 1-2 min. Add **sundried tomato soaking liquid** and cook 30 seconds to simmer. Fold in **2 oz sour cream**. Season with salt and pepper to taste.

**4.** Mix **1 oz sour cream, 1 Tbsp. sherry vinegar, 1 Tbsp. honey or sugar, mustard**, salt, and pepper in a medium bowl until incorporated. Add **cabbage and carrots** and toss to coat.

**5.** Serve chicken with creamy sun dried tomato sauce over the mashed potatoes. Enjoy with slaw on the side!

# Tips, Tricks, and Terms

## Preserving sun-dried tomatoes

Sun-dried tomatoes are picked fresh from the vine and dried to preserve them. They can be rehydrated, turning soft and sweet like a more flavorful version of fresh tomatoes.

**REHYDRATE:** Add tomatoes to a bowl and cover with boiling water. Soak for 2 minutes then drain and pat dry. Reserve the liquid to use in soups, stews, and sauces.

**STORE:** In a jar add hydrated tomatoes and cover with olive oil. Add garlic or herbs to infuse other flavors! Keep in the refrigerator.

**USE:** Pop these flavor-packed tomatoes in soups, stews, salads, and stir-fries. The oil has a light tomato flavor and is great for salads and dressing.



## Subbing for wine in recipes:

A little wine can make a flavorful and nuanced addition to many dishes, but there's many great substitutes if you don't have wine on hand or prefer to not use it in your cooking. Our favorite subs including:

- A little vinegar, especially red or white wine vinegar, sherry vinegar, or rice wine vinegar. These vinegars tend to be a little sweeter and fruity than white vinegar. Dilute a 1/2 & 1/2 with water to use in place of wine.
- Pomegranate or prune juice is a great red wine replacement and can be used 1:1 in place of red wine. Add a splash of vinegar to mimic the acidity of wine.



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