

# SUNDRIED TOMATO & COCONUT CHICKEN BAKE

RECIPE BY: ANDY BURSEY



GLUTEN FREE



LACTOSE FREE

DIFFICULTY: EASY

TIME: 1 HOUR

SERVES: 4

*Creamy and incredibly tasty, this recipe has the right amount of protein, carbs and healthy fats and is dairy-free! A real comforting meal that is simple yet satisfying.*

## METHOD

Preheat the oven to 180 degrees. In a bowl, mix coconut flour with salt and pepper. Dip the chicken breasts into the flour mixture to coat. Heat olive oil in a large pan (preferably one with high sides). Add chicken breasts and brown for about 5 mins on each side. Remove chicken breasts and place into a large casserole dish. In the same pan, add the onion, garlic, and herbs. Sauté until translucent. Add the sundried tomatoes. Add coconut milk and bring to boil. Keep stirring for 15 minutes. Add salt and pepper to taste. Pour the coconut milk mix on top of the chicken breasts in the casserole dish and bake for 45 minutes. Serve with rice or wholewheat pasta of choice.

## INGREDIENTS

- 500 g chicken breasts, sliced into large strips
- 1 cup coconut flour
- ½ tsp black pepper
- ½ tsp salt
- 1 tbsp. olive oil
- 1 onion, chopped
- 1 tsp crushed garlic
- 1 tsp Italian herbs
- 1 tsp dried basil
- 125 g sundried tomatoes, chopped
- 2 cans coconut milk