**Sundried Tomato & Basil Chicken Pasta**

**Ingredients:**

* 2 chicken breast, bone in with skin
* 3 TBSP grass fed butter or ghee
* 5 large cloves garlic, minced
* 1/4 tsp red pepper flakes
* 1/4 cup fresh basil, chiffonade
* 1 3/4 cup chicken broth
* 1/3 cup strained sundried tomatoes
* 1 can full fat coconut cream, cream separated from the water (see note)
* 1 tsp dried basil, oregano and thyme
* 1/3 cup parmesan cheese, grated (optional)

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**Directions:**

1. Place cast iron skillet in the oven and preheat at 400 degrees.
2. Wash and dry chicken breast, season with sea salt and pepper.
3. Remove preheated skillet from the oven, place on stove top on a medium-high heat, melt 2 tablespoons of butter and brown chicken breast skin side down for 3-5 minutes. Flip and cook for another 3-5 minutes.
4. Remove chicken from the pan, add additional tablespoon of butter and brown garlic with red pepper flakes for 1 minute.
5. Add chicken broth to the pan and deglaze the pan. Add the separated coconut cream and allow to come to a simmer.
6. Add the parmesan cheese, sundried tomatoes, fresh basil and seasoning. Allow to simmer 3 minutes.
7. Add chicken back to the pan and place back into the oven. Cook for 30 minutes.
8. Serve oven grain free pasta and broccoli or zucchini noodles.

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**Note:**To separate coconut cream from water. Place can in the fridge overnight. Cream will solidify at the top of the can. Open can and scoop cream from the top.