



Marry Me Chicken

Creamy, comforting and high in protein — without the extra fat

Serves 4 (bariatric portions) – Prep time: 5 mins – Cook time: 25 mins

Ingredients

650g Skinless chicken breast (about 4 pieces)
 2 tbsp Plain flour (for light dredging)
 1 tsp Olive oil
 3 Garlic cloves, crushed
 150g Sun dried tomatoes, rinsed & drained to reduce oil
 1 tsp Dried oregano
 2 tsp Paprika
 1 packet Cream of chicken soup powder
 300ml Water
 150ml Reduced-fat evaporated milk (or low-fat cream alternative)
 200ml Salt-reduced chicken stock
 50g Light grated cheese (e.g. reduced-fat mozzarella or cheddar)
 Large handful fresh spinach
 15g Fresh basil leaves, roughly chopped
 Juice of ½ Lemon
 Sea salt & cracked pepper, to taste
 Optional: 2–3 scoops unflavoured protein powder (for a protein boost)

Serve with: Steamed green veg – Cauliflower rice – Zucchini noodles – Or a spoon of Greek yoghurt on the side for extra creaminess and protein

Directions

Prepare the chicken Slice breasts horizontally if thick. Lightly coat in flour seasoned with salt and pepper.

Sear Heat olive oil in a large non-stick pan. Brown chicken 3–4 mins per side. Set aside.

Flavour base In the same pan, add garlic, oregano, paprika, and sun dried tomatoes. Sauté 1–2 mins.

Build the sauce Mix soup powder with 300ml water and pour into pan. Add evaporated milk and chicken stock. Stir well.

Protein boost (optional) If using, whisk in protein powder slowly over low heat until smooth and fully dissolved.

Simmer gently Return chicken to the pan. Simmer 10–15 mins until cooked through and sauce has thickened.

Final touches Stir in grated cheese, spinach, basil, and lemon juice. Let spinach wilt. Season to taste.

	Protein	Fat	Carbs
Approximately per serve	20–23g (with protein powder)	10g	8–10g

