

# CHICKEN THIGHS WITH SUNDRIED TOMATOES



**ACTIVE TIME**  
5 min



**TOTAL TIME**  
55 min



**DIFFICULTY**  
easy



**SERVINGS**  
4 portions

## INGREDIENTS

- 900 g chicken thighs, boneless, skinless, each piece cut once in the middle
- 40 g olive oil
- 1 tsp Italian seasoning
- 1 tsp pepper
- 1 tsp salt
- 140 g onion, cut in 4
- 2 garlic cloves
- 150 g sundried tomatoes, drained, cut in strips
- 50 g flour
- 400 g milk
- 100 g Parmesan cheese or Gruyere cheese
- 1 tbsp vegetable stock paste, homemade
- 1 tsp thyme
- 1 tsp oregano
- a few parsley leaves for garnish

## PREPARATION

- 1 Place parmesan into mixing bowl and grind **10 sec/speed 10**. Empty into a bowl and set aside.
- 2 **Insert butterfly whisk onto position.** Place chicken thighs, 20 g olive oil, pepper, salt, ½ tsp Italian seasoning into mixing bowl and sauté **5 min/120°C/reverse mode/speed spoon**. Empty into a bowl and set aside. **Remove butterfly whisk.**
- 3 Place remaining 20 g olive oil, onion, garlic into mixing bowl, chop **5 sec/speed 5** and, then, sauté **3 min/120°C/speed 1**.
- 4 Add sundried tomatoes, flour and sauté **3 min/120°C/reverse mode/speed 1**.
- 5 Add milk, remaining ½ tsp Italian seasoning, vegetable stock paste and sauté **5 min/120°C/speed 1**.
- 6 **Insert butterfly whisk onto position.** Add chicken thighs and cook **25 min/100°C/reverse mode/speed spoon**.
- 7 Cook for a further **5 min/Varoma/reverse mode/speed spoon**. Sprinkle ground parmesan, mix and serve immediately.

## TIP

Serve with tagliatelle or orzo.