

# PAPRIKA CHICKEN WITH PRUNES AND BREADCRUMB CRUST



Time  
90min



Servings  
4

Calcium Recommended Daily Intake  
11%

Calories

**430**

Calcium

**141mg**

Protein

**52g**

Vitamin D

**25 IU**

## Ingredients

- 4 chicken breasts, approx. 600g
- 2 tsp olive oil
- Salt, freshly ground pepper
- 3 red peppers, approx. 500g
- 1 garlic clove
- 150ml vegetable stock
- 100g whipping cream
- 100g SUNSWEET® prunes
- 30g breadcrumbs e.g. Panko
- 30g grated cheese (Parmesan, Gouda, Emmental)
- 1 tsp rubbed thyme

## Instructions

1. Rinse the chicken fillets in cold water, pat them dry with kitchen paper and then fry them in 1 teaspoon of hot olive oil until golden brown. Season the meat with salt and pepper and place in a large casserole dish (25 x 30cm).
2. Wash the peppers and dice them roughly, peel the garlic and chop it finely then fry both in the remaining olive oil. Add stock and cream, cover and simmer for 10 minutes.
3. Blend the pepper and cream mixture with a hand blender until smooth, season to taste and pour over the chicken breast fillets and add the prunes.
4. Mix the breadcrumbs and cheese together, sprinkle over the chicken breast fillets and bake in a preheated oven (electric oven: 175°C/fan: 150°C) for 25-30 minutes. Serve sprinkled with thyme.

*Tip: Basmati rice or sweet potato wedges go well with this.*



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<https://www.osteoporosis.foundation/patients/recipes>

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