

Tomato Basil Chicken: Easy, Fresh & Flavorful One-Pan Dinner!

vibrant, tangy sweetness of the tomatoes



TIME
3-4 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

1 lb boneless, skinless chicken breasts (2 large),
pounded to 3/8-inch thickness
1 tbsp olive oil
Salt and black pepper, to taste
1 pint cherry tomatoes, halved (about 2 cups)
2 cloves garlic, minced
3/4 cup chicken broth (low-sodium recommended)
1/4 cup fresh basil, chopped (plus extra for
garnish)
1 tsp dried oregano (optional)
Optional: 1 tbsp balsamic glaze, for drizzling
Optional: Cooked pasta or rice for serving

DIRECTIONS

1. Prepare Chicken: Pat the boneless, skinless chicken breasts dry with paper towels. If they are very thick, place them between two pieces of plastic wrap and pound them to a uniform 3/8-inch thickness. This ensures quick and even cooking. Season the chicken generously on both sides with salt, black pepper, and 1/2 teaspoon garlic powder (if using).
2. Sear Chicken: In a large skillet, heat 1 tablespoon olive oil over medium-high heat. Once hot, carefully add the seasoned chicken breasts to the skillet (work in batches if necessary to avoid overcrowding). Sear for 3-4 minutes per side, or until golden brown and cooked through (internal temperature should reach 165°F / 74°C). Remove the cooked chicken from the skillet and set it aside on a plate. Keep warm (you can tent it loosely with foil).
3. Make the Tomato Basil Sauce: In the same skillet (no need to clean it; the browned bits add flavor!), add the halved cherry tomatoes and minced garlic. Sauté for 3-5 minutes, stirring occasionally, until the tomatoes begin to soften and burst, and the garlic is fragrant. Pour in the 3/4 cup chicken broth. Use a wooden spoon or spatula to scrape up all the browned bits from the bottom of the pan; these "fonds" are packed with flavor! Bring the liquid to a gentle simmer. Stir in the 1/4 cup fresh chopped basil and 1 teaspoon dried oregano (optional). Season the sauce with salt and black pepper to taste. Let the sauce simmer for 2-3 minutes, allowing the flavors to meld.
4. Combine & Serve: Return the cooked chicken breasts to the skillet, nestling them into the warm tomato-basil sauce. Spoon the sauce over the chicken

to coat. Let it warm through for about 1 minute. Garnish with extra fresh basil leaves and a drizzle of balsamic glaze (if using). Serve immediately with your choice of cooked pasta, rice, or crusty bread. Enjoy your delicious Tomato Basil Chicken!

SWAPS & NOTES

Chicken: Boneless, skinless chicken breasts are ideal for quick, even cooking.

Pounding them to a $\frac{1}{8}$ -inch thickness is crucial for tender results.

You can also use thin-sliced chicken cutlets directly.

Boneless, skinless chicken thighs could be used, but cooking time may increase slightly.

TIPS FOR SUCCESS

Pound Chicken Evenly: This is crucial for tender, quick-cooking chicken.

Don't Overcook Chicken: Chicken breasts cook quickly.

Cook just until done to keep them juicy.

Fresh Ingredients Shine: Use fresh, ripe cherry tomatoes and plenty of fresh basil for the best flavor.

