



Tuscan chicken

This recipe with its zesty juicy ingredients compliments well chicken breast. By cutting the chicken breast into slices, you get the best out of it, and avoid overcooked dried chicken meat allowing the flavours to really soak into the meat. When adding olives to a dish, best do this just before serving. Olives overpower a dish with their strong flavours when added to early and when cooked, lose their lovely texture.

This is best served with some cooked quinoa, creamy polenta, crunchy bread or some nice pasta like orichette or penne which you toss into the dish before serving.

Estimated preparation Time: 5 minutes
Completion Time: 15 minutes
Skill level: easy
Serving size: 1
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Equipment: Pan or Pot with lid
Spatula or wooden spoon

Ingredients

1 tablespoon of butter or olive oil
1 chicken breast 250-300gm cut into 3-4 slices
1 cup cherry tomatoes, cut into half
¼ of red capsicum cut into stirps
1 sprig of thyme (or 1 teaspoon full of rosemary needels or 1 teaspoon full of dried oregano)
1 pinch of salt
1 pinch of pepper
¼ cup of green or black olives (or a mix of it) stones removed
1 lemon slice
¼ cup of basil (or parsley or coriander or tarragon or dill)



Method

1. Heat the pan for 1 minute on a high heat
2. Add the butter
3. Add the chicken slices
4. Cook for 1.5 minutes on a high heat
5. Add tomatoes
6. Add capsicum
7. Add thyme (or other herb)
8. Add salt
9. Add pepper
10. Turn the chicken slices
11. Cover with the lid and cook for 4 minutes
12. Turn off the heat and let stand for 3 minutes
13. Remove the lid
14. Add the olives
15. Add the lemon slice
16. Stir well so that the tomatoes mush up
17. Stir in the basil (or other herb) and serve

Note:

The dish is ideal for precooking and lasts in the fridge for up to a week.

You can replace the salt with a teaspoon of baby capers and this will make the dish even richer. Add half a teaspoon of smoked paprika at the same time as the thyme for a slightly smoky note.

What can you serve with ? Cooked pasta, creamy polenta, boiled potatoes boiled quinoa, rice mashed potatoes, caramelized potatoes or roast potatoes as well as some nice leafy salad