

Pan Seared Chicken Breasts with Roasted Tomato Sauce

It's amazing what you can come up with on a miserable, rainy weeknight for dinner! Looking in my refrigerator, I saw boneless skinless chicken breasts and 4 beefsteak tomatoes. Not wanting to venture out into the cold and wet to go to the grocery store, I decided I would make an entire meal out of these two things and this is the result!

Ingredients:

4 medium beefsteak tomatoes

2 Tbsp olive oil

Freshly ground sea salt and black pepper to taste

3 boneless, skinless chicken breasts

½ c. low sodium chicken broth

1 Tbsp grainy mustard

1 Tbsp chopped fresh oregano (or 1 tsp dried oregano)

3 Tbsp unsalted butter, cut in pieces

Freshly grated parmesan cheese for garnish (optional)

Preheat oven to 375 degrees Fahrenheit. Generously rub tomatoes with approximately 1 Tbsp olive oil, and place on non-stick baking sheet or pie plate. Season with freshly ground sea salt and black pepper. Place baking sheet in oven and roast tomatoes for approximately 45 minutes, until soft and skins have broken. Remove from oven and let cool before gently sliding skins off tomatoes. Place tomatoes in a bowl and set aside.

Place chicken breasts, one at a time, in large zipper lock baggie. Pound breast with meat mallet or rolling pin until approximately ¼ " in thickness. Cut breast in half lengthwise and repeat with remaining chicken breasts. Lightly season chicken breasts with freshly ground sea salt and black pepper on both sides.

In a large non-stick skillet, heat 1 Tbsp olive oil over medium high heat. When oil is hot, add chicken breasts and sear until golden brown, approximately 3-4 minutes. Turn chicken breasts

over and sear other side for a further 2-3 minutes. Remove chicken from skillet and keep warm while preparing sauce.

Using the same non-stick skillet, reduce heat to medium and add chicken broth. Bring to a low boil, scraping up all the flavourful brown bits from the chicken with a wooden spoon. Stir in grainy mustard and oregano. Add roasted tomatoes using wooden spoon or potato masher to break up tomato pieces. Add unsalted butter and stir to incorporate. When butter has melted and sauce has thickened, add chicken breasts back to sauce and simmer for approximately 2 minutes to heat chicken through, allowing flavours to blend. Plate chicken breasts topped with sauce and garnish with freshly grated parmesan cheese.

Kim's Cookology!