

30 MINUTE CHICKEN WITH BRAISED TOMATOES & BURRATA

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COOK TIME: 30mins

SERVES: 4

CALORIES: 397 kcal (PER SERVING)

INGREDIENTS

2 large chicken breast fillets
2 burrata balls (150 g/5.3 oz each)
400 g/14.2 oz cherry tomatoes
3 tbsp olive oil
1 tbsp unsalted butter
4 garlic cloves, minced
1 tbsp honey
2 tbsp balsamic vinegar
4 sprigs fresh thyme
crusty bread, for serving
toasted pine nuts, for serving

*SEASONING

2 tsp salt
2 tsp black pepper, more for serving
1 tsp sweet paprika
1 tsp red pepper flakes, more for serving

DIRECTIONS

Season chicken with 1 tsp salt, 1 tsp black pepper and sweet paprika.

Heat oil and butter in a non-stick frying skillet over medium high heat. Add chicken and cook, about 5-7 minutes per side or until fully cooked and browned on both sides. This can vary with the size of your chicken. Remove from skillet and place on a clean plate.

Lower the heat, add garlic and cook for 1 minute. Deglaze the skillet with 1/4 cup water. Stir with a wooden spoon to dissolve the browned bits from the bottom of the skillet. Simmer for 1 minute. Add cherry tomatoes, 1 tsp salt, 1 tsp black pepper and red pepper flakes. Stir in balsamic vinegar and honey. Cover and allow to braise for 10 minutes.

In the meantime, thinly slice the chicken. When ready, remove the lid and slide chicken back into the skillet.

Simmer for 1-2 minutes or until heated through. Break the burrata over the chicken and turn off the heat. Let the chicken rest for 3 minutes, then finish off with black pepper, red pepper flakes and toasted pine nuts. Serve with a big salad and some crusty bread. Enjoy!

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