CHICKEN BREAST WITH SUN DRIED TOMATO CREAM SAUCE WITH FRESH BASIL

By: Simply Creative Chef Rob Scott

Ingredients: Yields 2 servings

2 chicken breasts, boneless
5 tablespoons extra virgin olive oil
Kosher salt
Black pepper
2 cloves fresh garlic, chopped
12 sundried tomatoes, chopped
¾ cup heavy cream
¼ cup freshly grated parmesan cheese
¾ cup tomato sauce
½ cup fresh basil

Directions:

- Take 2 chicken breasts, slice thin, and pound out with a meat mallet – set aside
- Place skillet on medium-high heat
- Add 3 tablespoons olive oil
- When oil is hot, add chicken breasts to the pan and season with salt and pepper – do not overcrowd the pan, you can do this in batches
- Sear on both sies, approximately 2 minutes per side
- Place in a preheated 325 degrees F oven until the chicken reaches 165 degrees F, just a few minutes
- Set aside
- To make the sauce: add 2 tablespoons olive oil and chopped garlic to a skillet over medium-high heat until the garlic is golden, not burned
- Add sundried tomatoes, heavy cream, tomato sauce, and freshly grated parmesan cheese
- Reduce for about 4 minutes until sauce thickens
- Spoon sauce over chicken breast, pasta or ravioli