



JERNEJ KITCHEN

CHICKEN CUTLETS WITH TOMATOES

Chicken Cutlets with Tomatoes is a quick and simple dinner idea for summer. This family meal is gluten-free, dairy-free, and great for the whole family.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	20	MINUTES
TOTAL TIME:	30	MINUTES

CHICKEN CUTLETS

600 g (1 1/2 pound) smaller tomatoes

500 g (1 pound) chicken cutlets, boneless and skinless

1 tsp salt

2 sprigs of rosemary, chopped

1 tsp lemon zest, grated

3 tbsp olive oil

1 tsp oregano

1 garlic clove, for marinade

1 tsp olive oil, for cooking

2 garlic cloves

1 tbsp chopped basil

TOOLS AND EQUIPEMENT

bowl

grill pan

fork

PREPARATION

Cut the large tomatoes into quarters and the smaller ones in half. Add the chicken cutlets to a bowl and season with salt, rosemary, lemon zest, olive oil, oregano, and garlic. Stir to combine and set aside.

MEAT AND TOMATOES

Add a teaspoon of olive oil to a grill pan. Add the chicken cutlets and cook for 2 - 3 minutes on each side until golden. Transfer to a plate and add the tomatoes to the same grill pan. Cook for 3 - 4 minutes, stirring occasionally. Add the minced garlic, cook for 1 - 2 minutes, then pour 120ml (1/2 cup) of water. Cook for 5 minutes for the tomatoes to release their juices.

CHICKEN CUTLETS WITH TOMATOES

Press the tomatoes down the grill pan using a fork to release the juices, then add the basil. Add the chicken cutlets and all of its juices. Simmer for 2 - 3 minutes—season with salt and pepper. Divide the dish between four plates. Optionally add a pinch of basil and drizzle with olive oil.

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