

Foodnity Recipes

Creamy Tomato Chicken Breast

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 skinless, boneless chicken breasts, sliced into strips
- [ ] 2 cups ripe tomatoes, chopped (or 1 can crushed tomatoes)
- [ ] 1 cup heavy cream
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp dried oregano
- [ ] Salt and pepper to taste
- [ ] Juice of ½ lemon
- [ ] Fresh basil leaves, torn

For the Sauce

- [ ] ¼ cup chicken broth
- [ ] ½ tsp sugar (optional, to balance acidity)
- [ ] Pinch red pepper flakes (if you like a hint of heat)

Instructions

1. Season the chicken strips with salt, pepper, and half of the oregano. Heat olive oil in a large skillet over medium-high heat.
2. Add chicken to the pan; sear until lightly golden, about 3-4 minutes per side. Remove and set aside.
3. In the same pan, reduce heat to medium, add minced garlic and sauté until fragrant—so, about 30 seconds. Then stir in the chopped tomatoes (or canned) and the remaining oregano; let simmer for 5 minutes.
4. Pour in chicken broth, add sugar if using, and stir. Return the chicken to the pan, then lower the heat and gently pour in the heavy cream, stirring continuously to avoid curdling.
5. Finish with lemon juice and torn basil. Taste, adjust salt or pepper, and serve hot over your favorite side.

Nutrition per serving

420 kcal	35 g	10 g	25 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of water or broth.
- For a richer flavor, let the dish rest off the heat for a few minutes before plating.
- A small pinch of sugar can mellow overly acidic tomatoes.