



## Allergen-Free Chicken with Tomato & Olive Sauce

*Free from: milk, eggs, shellfish, peanuts, tree nuts, wheat, soy & gluten.*

Yields: 3 servings

Prep time: 10 min.

Cook time: 30 min.

### INGREDIENTS:

- 3 chicken breast cutlets
- 1 teaspoon of black pepper
- ½ teaspoon of salt
- 1 teaspoon of garlic powder
- ½ tablespoon of minced garlic
- 3 tablespoons of olive oil
- 1 cup of chopped red onion
- 2 cans of drained diced tomatoes
- 1 tablespoon of pesto
- ½ cup of cooking broth
- ½ cup of chopped mushrooms
- ½ cup of chopped green olives
- Chopped green onions (optional for garnishing)

### TOOLS:

- [Chantal AllergenWare™ Casserole with Lid \(6 Qt.\)](#)





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### PROCESS:

1. Sprinkle salt & pepper onto each of the cutlets. Add the garlic powder and pat the seasonings into the chicken. (Do this for both sides.)
2. Heat 2 tablespoons of olive oil in your casserole. Place the chicken in the pan, cover & simmer for 2 minutes.
3. Then, flip the chicken over, cover & simmer for another 2 minutes. Remove from pan and set aside.
4. Add 1 tablespoon of olive oil to the same pan. Add ½ tablespoon of minced garlic and 1 cup of chopped onion.
5. Sauté over medium-high heat until onions are translucent.
6. Add the diced tomatoes, pesto & chicken broth. Sauté until most of the liquid is absorbed, (about 5 minutes.)
7. Sprinkle in salt & pepper to taste. Stir well, cover and simmer for another 5 minutes.
8. Add in the chopped mushrooms & sliced green olives. Stir, cover & simmer for 5 minutes.
9. Add the chicken back into the pan. Cover and cook over medium heat for 5-7 minutes.
10. Remove from heat. Plate the chicken on rice, and spoon sauce on top.
11. Garnish with green onions if you'd like, and enjoy!