



Chicken with Herb-Roasted Tomatoes and Pan Sauce



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 pounds cherry tomatoes
- ☐ 3 tablespoons flat-leaf parsley leaves
- ☐ 3 tablespoons tarragon leaves fresh
- ☐ 2 tablespoons herbs de provence
- ☐ 1 teaspoon kosher salt plus more
- ☐ 6 tablespoons olive oil divided

- ☐ 2 tablespoons red wine vinegar
- ☐ 1 small shallots minced
- ☐ 1 pound chicken breasts boneless skinless
- ☐ 1 tablespoons worcestershire sauce

Equipment

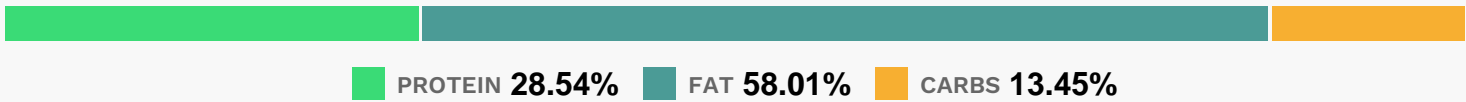
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 450°F.
- ☐ Combine tomatoes, 2 tablespoons oil, and herbes de Provence in a large bowl. Season with salt and pepper; toss to coat.
- ☐ Heat 1 tablespoon oil in a large heavy ovenproof skillet until oil shimmers. Carefully add tomatoes to pan (oil may spatter).
- ☐ Transfer skillet to oven and roast, turning once, until tomatoes burst and give up some of their juices, about 15 minutes.
- ☐ Transfer to a medium bowl and drizzle with
- ☐ Worcestershire sauce.
- ☐ Meanwhile, season chicken all over with 1 teaspoon salt and pepper.
- ☐ Heat 2 tablespoons oil in a large ovenproof skillet over medium-high heat. Sear chicken on both sides until golden brown, 6–8 minutes.
- ☐ Transfer pan to oven and roast chicken until cooked through, 8–10 minutes.
- ☐ Transfer chicken to a cutting board and let rest for at least 5 minutes.
- ☐ Add remaining 1 tablespoon oil to same skillet; heat over medium heat.
- ☐ Add shallot and cook, stirring often, until fragrant, about 1 minute. Deglaze pan with vinegar, scraping up browned bits from bottom of pan; add tomatoes and their juices and simmer until sauce is just beginning to thicken, about 1 minute. Season sauce to taste with salt and pepper.

- ☐ Slice chicken; divide among plates.Spoon tomatoes and sauce over; garnishwith herbs.
- ☐ Per serving: 330 calories, 24 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:28.363912831182%

Flavonoids

Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 377.07kcal (18.85%), Fat: 24.69g (37.98%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 10.23g (3.72%), Sugar: 5.21g (5.79%), Cholesterol: 72.57mg (24.19%), Sodium: 794.7mg (34.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.65%), Vitamin K: 101.38µg (96.55%), Vitamin B3: 13.38mg (66.92%), Vitamin C: 48.85mg (59.21%), Vitamin B6: 1.15mg (57.29%), Selenium: 37.57µg (53.67%), Manganese: 0.81mg (40.6%), Iron: 6.4mg (35.53%), Phosphorus: 315.01mg (31.5%), Potassium: 1041.29mg (29.75%), Vitamin E: 4.37mg (29.14%), Vitamin A: 1419.17IU (28.38%), Vitamin B5: 1.87mg (18.67%), Magnesium: 71.26mg (17.82%), Vitamin B2: 0.24mg (14.06%), Calcium: 134.44mg (13.44%), Folate: 53.56µg (13.39%), Copper: 0.23mg (11.6%), Vitamin B1: 0.17mg (11.11%), Fiber: 2.64g (10.57%), Zinc: 1.29mg (8.63%), Vitamin B12: 0.23µg (3.78%)