

Treasure Barrel

Caprese Chicken with Fresh Tomato and Basil Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

For the Chicken

- [ ] 4 medium boneless, skinless chicken breasts (about 6 oz each)
- [ ] 1 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp Italian seasoning
- [ ] Salt and freshly ground black pepper, to taste

For the Caprese Topping

- [ ] 8 oz fresh mozzarella cheese, sliced into 8 rounds
- [ ] 2 large ripe tomatoes, sliced into 8 rounds
- [ ] 1/4 cup fresh basil leaves, torn or chopped
- [ ] 2 tbsp balsamic glaze, for drizzling

Instructions

1. First, let's get everything ready. It's always best to have all your components prepped before you start cooking. Pat the chicken breasts completely dry with a paper towel—this is crucial for a good sear. Season both sides generously with salt, pepper, and the Italian seasoning. Gently press the seasonings into the chicken. Go ahead and slice your mozzarella and tomatoes now, too. Having these little piles of ingredients ready to go feels so organized and calm.

2. Place a large, oven-safe skillet (cast iron is perfect) over medium-high heat and add the olive oil. Once the oil is shimmering, carefully place the chicken breasts in the pan. You want to hear a nice sizzle! Let them cook for about 5-7 minutes per side, without moving them around too much. We're looking for a deep, beautiful golden-brown crust. Once cooked through, add the minced garlic to the pan and cook for just another 30 seconds until fragrant, being careful not to let it burn. Ugh, the smell is just heavenly.

3. Now for the fun part. Turn off the heat under the skillet. Arrange two slices of mozzarella on top of each chicken breast, followed by two slices of tomato. It feels a little like playing dress-up with your food, doesn't it? Just layering on all that goodness. Make sure your oven broiler is preheated and ready to go for this next quick step.

4. Carefully transfer the entire skillet to the oven and broil for 2-4 minutes. You'll need to watch this part like a hawk, as broilers can be very powerful and things can go from perfect to burnt in a matter of seconds. You want the cheese to be completely melted, bubbly, and maybe just a little bit browned in spots. Once it's perfect, remove the skillet from the oven. Top with your fresh basil, drizzle with that gorgeous balsamic glaze, and serve immediately. Wow, just look at that.

Nutrition per serving

450 kcal	52 g	8 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- The thickness of your chicken breasts will really affect the cooking time. If they are very thick, I recommend pounding them to a more even 3/4-inch thickness or slicing them in half horizontally to create thinner cutlets. This ensures they cook through without the outside getting dry.
- Don't skip the step of patting the mozzarella dry. Fresh mozzarella has a lot of moisture, and removing some of it prevents your final dish from being too watery. A simple pat with a paper towel does the trick and makes a noticeable difference in the final texture.
- If you don't have a good balsamic glaze, you can make one! Just pour about 1/2 cup of regular balsamic vinegar into a small saucepan and simmer it over low heat for about 10-15 minutes, or until it has reduced by half and is thick enough to coat the back of a spoon. It’s much easier than making a homemade pizza dough, I promise!