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This Chicken Puttanesca transforms a classic Italian pasta sauce into a hearty, flavor-packed dinner. Tender chicken breasts are simmered in a savory tomato sauce with garlic, olives, capers, and a touch of red pepper flakes. It's the kind of rustic Italian meal that delivers bold flavor with simple pantry ingredients and comes together in about 30 minutes.

As someone who grew up in Italy, puttanesca sauce was always one of those dishes that proved you don't need many ingredients to create something memorable. While it's traditionally served with pasta, pairing the sauce with chicken turns it into an easy weeknight dinner that's perfect served with crusty bread, roasted vegetables, or a side of pasta.

# Why You'll Love This Recipe

- Ready in about 30 minutes
- One-pan meal with easy cleanup
- Packed with bold Mediterranean flavors
- Naturally low in carbohydrates
- Perfect for busy weeknights

## Things to know about this Easy Chicken Puttanesca Recipe

### Serving Suggestions

Serve Chicken Puttanesca with:

- Crusty Italian bread
- Roasted potatoes
- Buttered pasta
- Creamy polenta
- A simple green salad

### Storage

Store leftovers in an airtight container in the refrigerator for up to 4 days. Reheat gently on the stovetop or in the microwave until warmed through.

### Recipe Tips

- Chicken thighs work beautifully in place of chicken breasts.
- For extra richness, add a splash of white wine before the tomatoes.
- If you enjoy more heat, increase the red pepper flakes.

- Fresh cherry tomatoes can replace canned tomatoes during peak summer season.

## Frequently Asked Questions

### What does puttanesca mean?

Puttanesca refers to a classic Italian sauce made with tomatoes, olives, capers, garlic, and often anchovies. It's known for its bold, briny flavor.

### Can I add anchovies?

Absolutely. Add 2–3 anchovy fillets with the garlic and allow them to melt into the sauce.

### Can I make this ahead?

Yes. The flavors become even better the next day, making it an excellent meal-prep option.

## Related Recipes You'll Love

If you love the bold, briny flavors of puttanesca sauce, here are a couple more ways I love to use it with seafood. The sauce works beautifully with both delicate fish and rich, flaky salmon.

### Spaghetti Puttanesca with tuna

This is the original way the sauce is served in Italy, tossed with pasta and finished with olive oil and fresh herbs. and often tuna. Both versions use the same base sauce, so you can easily switch between them depending on what you're craving.

## Cod Puttanesca

This is a lighter, coastal version of the classic sauce. Mild, flaky cod simmers directly in the tomato, olive, and caper sauce, soaking up all those Mediterranean flavors. It's a simple one-pan dinner that feels elegant but comes together in under 30 minutes—perfect for busy weeknights.

## Salmon Puttanesca

Rich, buttery salmon holds up perfectly to the boldness of puttanesca sauce. The combination of crispy-edged salmon and the tangy tomato-olive base makes this a restaurant-style meal you can make at home. It's hearty, flavorful, and ideal when you want something a little more elevated but still easy.

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This Chicken Puttanesca is a quick and flavorful Italian-inspired dinner made with tender chicken breasts simmered in a savory tomato sauce with garlic, olives, capers, and herbs. Ready in about 35 minutes, this easy one-pan meal delivers the bold Mediterranean flavors of classic puttanesca sauce in a hearty, family-friendly chicken dish. Perfect served with crusty bread, pasta, or a simple green salad.

- 4 each skinless, boneless chicken breast
- 1/3 cup flour

- 3 Tbsp. olive oil
- 2 cloves garlic, minced
- 2 fillet anchovies
- 1-2 tsp hot pepper flakes (adjust according to taste)
- 1 cup cherry tomatoes cut in half
- 1/3 cup capers
- 1/2 cup whole or sliced pitted kalamata olives
- 1/2 cup white wine
- salt and pepper to taste
- fresh torn basil leaves (for serving)

1. Season the chicken breasts with salt and pepper.
2. Place the flour in a shallow dish and lightly dredge each chicken breast, shaking off any excess.
3. Heat the olive oil in a large skillet over medium-high heat. Add the chicken and cook for 4–5 minutes per side until golden brown. Transfer to a plate.
4. Reduce the heat to medium. Add the garlic, anchovy fillets, and red pepper flakes. Cook for about 1 minute, stirring frequently, until the anchovies dissolve into the oil.
5. Pour in the white wine and scrape up any browned bits from the bottom of the pan. Simmer for 2–3 minutes until slightly reduced.
6. Stir in the tomatoes, olives, capers, and oregano. Bring the sauce to a gentle simmer for 10 minutes
7. Return the chicken to the skillet and spoon some sauce over the top.

**Cover and simmer for 10 – 12 minutes, or until the**

**chicken is cooked through and the sauce has slightly thickened**

1. Garnish with fresh parsley and basil before serving.

Main Course

Italian

italian, puttanesca, sauce, chicken