

Easy Italian Chicken Breast Pomodoro Recipe

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When cherry tomatoes start overflowing in the garden, I know exactly what I'm making first – this Chicken Breast Pomodoro. It takes me right back to Tuscany, where meals weren't complicated, they were seasonal. You cooked what you had, and you let it shine.

I learned early on, both at home and later in restaurants, that the best dishes don't come from long ingredient lists – they come from timing, heat, and restraint. A hot pan, a little flour on the chicken for that golden edge, and a simple sauce built right in the same skillet.

Here, sweet cherry tomatoes slowly break down with garlic, olive oil, and fresh basil until they turn into something rustic and almost effortless. The chicken finishes right in that sauce, soaking up every bit of flavor, the way it would in a small Italian trattoria where nothing is rushed, but nothing is overdone either.

It's simple food, but it carries that restaurant feeling – the kind of dish that tastes like it took more effort than it actually did. **Things to know about this Easy Italian Chicken Breast Pomodoro Recipe**

Serving Suggestions

Serve with:

- Spaghetti or angel hair pasta
- Crusty Italian bread
- Roasted vegetables
- A simple green salad

Storage

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat gently on the stovetop or in the microwave.

Recipe Tips

- Use fresh basil for the best flavor.
- Pound thicker chicken breasts to an even thickness for quicker cooking.
- Add a splash of pasta water if the sauce becomes too thick.

• Frequently Asked Questions

What does Pomodoro mean?

Pomodoro is the Italian word for tomato. Pomodoro sauce is a simple tomato-based sauce flavored with garlic, olive oil, and basil.

Can I use chicken thighs?

Yes. Boneless skinless chicken thighs work beautifully in this recipe and stay extra juicy.

Can I make this ahead?

Yes. The sauce can be prepared up to 2 days in advance and refrigerated until ready to use.

Final Thoughts

This Chicken Breast Pomodoro recipe proves that simple ingredients can create incredible flavor. Tender chicken, rich tomato sauce, and fresh basil come together for an easy Italian dinner that tastes like it came straight from an Italian trattoria. Serve it with crusty bread, or alongside my **classic bruschetta** or a simple **Italian green bean and potato salad** for a full rustic meal that feels straight out of a Tuscan kitchen.

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This Chicken Breast Pomodoro features lightly floured chicken breasts pan-seared until golden, then simmered in a fresh sauce of burst cherry tomatoes, garlic, white wine, and basil.

The wine deglazes the pan, adding rich flavor to the rustic tomato sauce, while the fresh ingredients keep the dish light and vibrant. Ready in about 30 minutes, it's an easy Italian-inspired meal perfect for busy weeknights or casual entertaining.

- 4 boneless, skinless chicken breast
- 1/2 cup flour
- 3 Tbsp. olive oil
- 2 cloves garlic. minced
- 1/2 cup white wine
- 3 cups cherry tomatoes
- 1/3 cup torn fresh basil leaves
- salt and pepper to taste

1. Prepare the Chicken

Pat the chicken breasts dry and season both sides with salt and pepper. Lightly dredge each chicken breast in flour, shaking off any excess.

2. : Sear the Chicken

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 the chicken to a plate.

3. Deglaze the Pan

Reduce the heat to medium. Add the white wine to the skillet, scraping up any browned bits from the bottom of the pan. Let the wine simmer for 1–2 minutes until slightly reduced.

4. Make the Pomodoro Sauce

Add the garlic and cook for 30 seconds until fragrant.

Stir in the cherry tomatoes and red pepper flakes, if using. Cook for 8–10 minutes, stirring occasionally, until the tomatoes burst and create a rustic sauce.

5. Finish the Dish

Return the chicken to the skillet and spoon the tomato mixture over the top. Simmer for 5–7 minutes, or until the chicken is cooked through and reaches an internal temperature of 165°F.

6. Add the Basil and Serve

Stir in the fresh basil just before serving. Garnish with grated Parmesan cheese, if desired, and serve immediately.

Main Course

Italian

Italian chicken breast, recipe, tomato