

## Chicken Cutlets in a Tarragon Garlic Tomato Sauce

### Ingredients

- 2 Chicken Breasts
- 2-3tbsp Tarragon Extra Virgin Olive Oil
- Salt & Pepper to taste
- 4-5 Tomatoes, roughly chopped
- 3-4 Large Garlic Cloves, chopped finely
- ½ Medium Onion, chopped
- ½ tsp red pepper flakes
- 1 tsp dried basil flakes or freshly chopped basil

### Directions

Butterfly chicken breasts, making sure to cut starting from the thick end, then cover with wax paper or plastic wrap. Pound the chicken with a meat mallet or the palms of your hands until the breasts are about ½ inch thick. Season both sides of the chicken with salt and pepper (to taste). Add the Tarragon Extra Virgin Olive Oil to a large frying pan, heat on medium heat. Add chicken to the hot pan. Because it's so thin, it won't take long to cook, about two minutes on each side over high heat. Make sure not to move the chicken so it will brown. When the chicken is finished, remove from the pan.

Over medium heat, add the onion (also adding the garlic after about four minutes) to the pan and cook until caramelized and soft. Add tomatoes, basil and red pepper flakes, as well as salt and pepper to taste (be careful not to over salt, there is still salt on the chicken). Over medium heat, cover and let simmer for 20-30 minutes, stirring occasionally. If it begins to dry out, add a little bit more liquid. The sauce is done when the tomatoes are separated from their skins and no longer distinguishable within the sauce. Add the chicken back to the pan with the sauce until the chicken is warmed through. Serve immediately!

**Note:** If you prefer a thicker sauce, you can make a roux by cooking equal amounts of flour and EVOO (e.g. 1 tbsp EVOO per 1 tbsp flour) together in a small saucepan for a few minutes over medium heat. Add this before you put the chicken back in the pan, cooking the sauce for an addition few minutes.