



## EASY CHICKEN PARMESAN

🔪 PREP: 15 min COOK: 30 min  
🕒 TOTAL: 45 min SERVES: 2

### BREADED CHICKEN

2 tablespoons olive oil  
2 tablespoons unsalted butter  
2 boneless, skinless chicken  
breasts, tenderized  
1/2 cup flour  
1/2 tablespoon dried basil  
1/2 cup grated parmesan cheese  
Salt and black pepper to taste  
Spaghetti noodles

### TOMATO SAUCE

1 clove garlic, minced  
1/2 small red onion, chopped  
1/2 green pepper, diced  
2/3 cup red wine  
1 tablespoon tomato paste  
1 1/2 cups chicken stock  
4 large Roma tomatoes, diced  
1/2 tablespoon dried basil  
1/2 tablespoon dried parsley  
Salt and black pepper to taste

1. Heat the olive oil and butter in a large saute pan over medium heat.

2. Season the tenderized chicken breasts generously on both sides with salt and pepper.

3. Combine the flour and basil in a mixing bowl. Dredge each chicken breast in the flour mixture until fully coated.

4. Cook the chicken until cooked through, about 5 minutes on each side. Remove the chicken from the saute pan and set aside.

5. Heat 2 tablespoons olive oil in a clean saute pan on medium heat. Add the garlic and onion to the pan and cook until the onions are tender. Add the green pepper and cook until tender.

6. Pour the wine in the pan and simmer until nearly fully reduced, about 5 minutes.

7. Add the tomato paste to the pan and stir until combined with the other ingredients. Add the chicken stock and deglaze the pan.

8. Add the tomatoes, basil, and parsley, and reduce heat to low. Cover the pan and simmer for 10 minutes or until the tomatoes are tender. Salt and pepper to taste.

9. Place the chicken over the sauce in the pan, flipping once to coat in the sauce. Sprinkle the parmesan on top of the chicken, cover the pan, and cook until the cheese is melted.

10. Meanwhile, bring a pot of salted water to boil and boil the spaghetti until al dente.

11. Serve the chicken on a bed of the tomato sauce and accompany with the cooked spaghetti.