



Chicken Breast with Tomato-Olive Sauce

Petto di pollo – Pan-fried chicken breast with tomato and olive sauce

🔪🔪🔪 Easy 🍽️ 4 Servings ⌚ 30 min.



An authentic Italian recipe for crispy pan-fried chicken breast (“Petto di pollo”) in a flavorful tomato and olive sauce. Deglazed with red wine and enhanced with herbs, this tomato sauce tastes just like it does at your favorite Italian restaurant. Best of all:

This delicious dish is ready in just 30 minutes. Molto facile!

Ingredients

4 chicken breast fillets
(150–200 g each)
1 onion
1 can ORO di Parma
chunky tomatoes with
herbs (425 ml)
1 handful of fresh oregano
3–4 tbsp green olives
(pitted)
about 100 ml red wine (for
deglazing)
Extra virgin olive oil for
sautéing
Salt and freshly ground
pepper
Aluminum foil for
wrapping

Step 1: The Preparation

First, wash and dry the chicken breast fillets. Then peel the onion, dice it finely, and chop the oregano. Fresh herbs are a must for any Italian dish!

Step 2: The Chicken Breast

Heat some olive oil in a sturdy cast-iron skillet and fry the chicken breast fillets until crispy: cook in batches over medium heat, turning them several times. This will take about 6–8 minutes. About 1 minute before removing them from the pan, season both sides with salt and pepper. After frying, wrap the chicken breast fillets in aluminum foil. They can rest in the foil, where they'll stay warm and continue to cook slightly.

Step 3: The Tomato Sauce

Add the diced onion to the still-hot cooking fat to sauté, then deglaze with the red wine. Once the sizzling stops, that's the best time to add the chopped tomatoes and herbs. Now you can stir a bit and mix in the olives and oregano. Then, just let your tomato sauce simmer for 5 minutes.

Step 4: The Finale

Arrange your tomato sauce on plates and place the pan-seared chicken breast fillets on top. By the way, for even more flavor, you can pour the pan drippings from the aluminum foil directly into the tomato sauce. Buon appetito!

You can find this and more delicious recipe ideas at:

www.rodiparma.de/en/italian-recipes