

Creamy Pesto Chicken



Makes 4 servings

10 minutes prep, 25 minutes cooking

Recipe courtesy of:

<https://www.budgetbytes.com/creamy-pesto-chicken/>

Ingredients

- 2 boneless, skinless chicken breasts
- 1/8 tsp salt
- 1/8 tsp pepper
- 2 Tbsp olive oil, divided
- 2 cloves garlic, minced
- 1 pint grape tomatoes, sliced in half
- 1/2 cup heavy cream
- 1/4 cup pesto
- 300 grams of pasta
- *Vegetarian: 400 grams cauliflower in florets

Preparation

- Bring a large pot of water to a boil.
- Slice all veggies
- Add pasta to the boiling water and let cook for 7 to 8 minutes, until pasta is tender but slightly firm in the middle.
- While the pasta cooks filet the chicken breasts into two thinner pieces
- Season the chicken with a pinch of salt and pepper on both sides
- In a large skillet over medium heat, heat one tablespoon of olive oil.
- Once oil is hot, add your chicken. (If vegetarian substitute chicken for cauliflower)
- Add the chicken to the skillet and cook on each side until golden brown and cooked through (about 7-10 minutes total). Remove the chicken to a clean plate (Or cauliflower).
- Add the remaining olive oil to the skillet along with the minced garlic and halved grape tomatoes. Sauté for about five minutes, or until the tomatoes start to soften and lose their shape.
- Add the heavy cream and pesto to the skillet with the tomatoes and stir to combine. Allow the sauce to come up to a simmer
- Add the chicken back to the skillet with the tomatoes and sauce, turning to coat the chicken
- Allow the chicken to simmer in the sauce for just a few minutes more to heat through
- Serve sauce and chicken over the pasta
- Enjoy!

*** To make the dish vegetarian, skip the chicken steps and add cauliflower instead!**