

Sarah's Easy Pan Fried Chicken with Tomato Butter Sauce

Serves: 2 to 3

Ingredients:

3 tablespoons all-purpose flour
1 teaspoon kosher salt
½ teaspoon ground black pepper
8 chicken tenderloins, patted dry
4 tablespoons butter, divided
1 tablespoon extra-virgin olive oil
2 tablespoons red onion, finely chopped
1 teaspoon fresh garlic, thinly sliced
¼ teaspoon crushed red pepper flakes (add more for spicier sauce)
1 pound cherry tomatoes, halved (about 3 cups)*
½ cup water
2 tablespoons capers, drained
2 teaspoons red wine vinegar
Fresh basil leaves, torn into small pieces (to garnish)



*You can use any variety of tomatoes for this recipe, cut into pieces approximately one-inch in size.

Directions:

In a shallow dish (like a pie pan), mix the flour, salt and pepper until combined. Dredge each tender in the flour until all sides are evenly coated, shaking off any excess flour.

In a medium pan, melt 2 tablespoons of butter with 1 tablespoon of olive oil over medium heat. Once the pan is hot and the butter is melted, add the chicken tenders and cook for 4 minutes until golden brown, then turn them over and continue cooking until the chicken is fully cooked, about 3 to 4 more minutes. Transfer the cooked tenders to a plate and set aside.

Add the chopped onions to the pan and cook for 2 minutes over medium-low heat, stirring often, until they are soft and lightly caramelized. Add the garlic and crushed red pepper flakes and continue cooking for 1 minute, stirring often.

Add the halved tomatoes and water and increase to medium heat. Cook for 3 minutes, just until the tomatoes begin to blister. Reduce heat to medium-low and stir in the remaining 2 tablespoons of butter, capers and vinegar. Cook for 1 minute, stirring occasionally. Taste and add more salt and pepper as desired.

Return the cooked chicken tenders to the sauce and cook over low heat just until they are heated through, about 2 minutes.

Place the chicken tenders on each plate, top with a generous serving of tomato sauce and garnish with fresh basil. Serve immediately with good crusty bread to sop up the sauce. Store leftovers in an airtight container in the refrigerator for up to 3 days.

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