

Recipe Name: Tomato Basil Chicken Recipe
Diet Type: Non-Vegetarian
Course: Main Course
Cuisine: Continental
Quantity:



Ingredients

Ingredient	Quantity
• 2 Chicken breasts	4
• 2 teaspoons Mixed Herbs (Dried)	
• 3 tablespoons Lemon juice	
• 2 teaspoons Extra Virgin Olive Oil	
• Salt - to taste	
• 1 sprig Basil leaves - finely chopped	
• 2 tablespoons Extra Virgin Olive Oil	
• 3 cups Homemade tomato puree	
• 1/4 cup Basil leaves - fresh leaves	
• 1 Onion - finely chopped	
• 10 cloves Garlic - finely chopped	
• 1 tablespoon Mixed Herbs (Dried)	
• 1 teaspoon Red Chilli powder	
• Salt - to taste	
• Sugar - to taste	

Preparation

- To begin making the Tomato Basil Chicken Recipe, wash and thoroughly clean the chicken breasts.
- Mix well.
- Place the chicken pieces and cook only for a minute on both sides till it gets a light brown colour and is just about cooked.
- To make the tomato basil sauceHeat a saucepan with olive oil, add the garlic and onions and saute till until the onions soften and till the aroma wafts in the air.
- Bring the tomato basil sauce to a brisk boil.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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