

Cheesy Tomato Chicken (Sous Vide)

November 5th, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 02:00

This is an easy Chicken recipe, designed for the Sous Vide. You can prepare beforehand and freeze in a vacuum-sealed bag up to 6 months. Just drop the bag in your Sous Vide pot and walk away. Your main course will be ready to eat a few hours later.

Ingredients:

4 Chicken Breasts, boneless and skinless

1/4 Teaspoon Salt

1 Tablespoon Tomato Powder

1 Tablespoon Cheese Powder

1/2 Teaspoon Garlic

1 Teaspoon Olive Oil

1 Red Onion, sliced and grilled

1 Zucchini Squash, sliced and grilled

4 Ounces Cherry Tomatoes, grilled

1 Teaspoon Balsamic Vinegar

1 Ounce Basil Leaves, chiffonade

Directions:

In a medium-sized bowl, mix the Salt, Tomato Powder, Cheese Powder, and Garlic Powder.

Dredge each Chicken Breast into the Seasoning Mixture until fully coated.

Place the Chicken Breasts into a Sous Vide bag, in a single layer.

Add any remaining Seasoning Mixture into the bag.

Vacuum out all the air and seal the bag.

Refrigerate up to 1 week.

Freeze up to 6 months.

Sous Vide at 143° F for 1.25 hours (1.5 hours if frozen).

Remove the bag from the Sous Vide.

Slice the Red Onion and the Zucchini Squash.

Coat liberally with Olive Oil and grill/roast in a heated sauté pan with the Cherry Tomatoes.

Stir frequently until the Zucchini slices and the Cherry Tomatoes begin to soften.

Sprinkle with Balsamic Vinegar.

Serve with Basmati Rice or Couscous. Sprinkle with chiffonade Basil Leaves.