

Italian Chicken (Sous Vide)

November 30th, 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 uncooked 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. For a Keto recipe, use an Italian dressing with a low carb count (less than 3 carbs per serving) and serve with a Keto approved vegetable medley.

Ingredients:

4 Chicken Breasts, boneless and skinless

3 Tablespoons Italian Dressing (your preferred brand)

8 Ounces Mozzarella Cheese, shredded or fresh

Directions:

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

Add the Italian Dressing to 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.

Move the Chicken Breasts to a large Oven Sheet.

Cover each Chicken Breast with 2 Ounces Mozzarella Cheese.

Broil on high until the Cheese is melted.

Serve with pasta or a vegetable medley.