

Tomato Basil Chicken Cutlets トマトとバジルのチキンカツレット

Serves: 2 | Pan: 26 cm skillet | Style: light fresh tomato pan sauce

Ingredients

Chicken:

- 250–280 g boneless skinless chicken breast (鶏むね肉) or chicken cutlets (preferred); butterflied or pounded into thin cutlets
- Black pepper
- ¼ tsp salt + pinch MSG (塩+MSG)
- 25 g all-purpose flour (薄力粉)

Tomatoes & Aromatics:

- 180 g cherry tomatoes (プチトマト), halved
- 50 g canned crushed tomatoes
- 30 g red onion, finely diced (赤玉ねぎ)
- 1 tsp / 5 g garlic, minced (にんにく)
- 1 T capers, drained

Sauce:

- 1 T / 14 g butter
- 1 T / 14 g olive oil
- ½ tsp red wine vinegar
- 60 ml water or light chicken stock

Finishing:

- Plenty fresh basil leaves (バジル)
- Extra black pepper

Optional:

- 80 g white beans (白いんげん豆)

Instructions

1. Butterfly or pound **chicken** into even cutlets.
 - Thin cutlets cook more evenly and suit this sauce style.
2. Season chicken with **salt + MSG** and **black pepper**.
3. Dredge lightly in **flour**. Shake off excess.
4. Heat **olive oil** and **butter** in 26 cm skillet over **medium heat**.
5. Add **chicken** cutlets.
 - Cook about **3–4 minutes first side**.
 - Flip and cook additional **2–3 minutes** until done.
6. Transfer chicken to plate.
7. In same skillet add **red onion**.
 - Cook **1–2 minutes** until softened.
8. Add **garlic**.
 - Cook about **30 seconds**.
9. Add **cherry tomatoes** and **canned tomatoes**.
 - Cook gently until cherry tomatoes begin to burst. Do not overcook.



10. Add **capers** and **water** or **stock**.
 - Simmer **2–3 minutes**.
11. Optional:
 - Add **white beans** during final minute.
12. Stir in **red wine** vinegar.
13. Return chicken briefly to pan.
 - Spoon sauce over top.
14. Turn off heat.
15. Add **fresh basil** generously just before serving.
16. Finish with extra **black pepper**.

Notes

- Cherry tomatoes work much better than standard supermarket tomatoes in Japan.
- Small amount canned tomato improves body and flavor consistency.
- Basil should always be added at the very end.
- This recipe intentionally keeps the sauce light and fresh rather than heavily reduced.
- Excellent with rosemary bread, rice, or orzo.

Nutrition

Per serving: Kcal: 340 | Protein: 33 g | Fat: 16 g | Sat Fat: 4 g | Carbs: 14 g | Sugars: 5 g | Fiber: 2 g | Sodium: 620 mg | Omega-3: 0.2 g

Total dish: Kcal: 680 | Protein: 66 g | Fat: 32 g | Sat Fat: 8 g | Carbs: 28 g | Sugars: 10 g | Fiber: 4 g | Sodium: 1240 mg | Omega-3: 0.4 g