



## **MEDITERRANEAN CHICKEN**

### **EQUIPMENT NEEDED**

- **Cutting board**
- **Knife**
- **Plate**
- **Large pan w/ top (cast iron preferred)**

### **PREP INSTRUCTIONS**

- **Portion ingredients (use bowls, etc.)**

*oz=ounces*

*T=Tablespoon*

*c=cups*

*pt=pint*

4 chicken breasts, boneless & skinless (about 6 oz each)

Kosher salt, a dash

Cayenne/black pepper, a dash

2 T olive oil, as needed

¼ c Kalamata or black olives, pitted & sliced

2 T capers, drained

1+ pt grape tomatoes (more than 1 pt if you prefer)

½ T thyme, fresh (½ if dried)

Place chicken on a plate, and lightly sprinkle with salt and pepper. Heat olive oil in a large pan to medium. When hot, add the chicken (round-side facing down) and cook for 3 minutes or until golden brown. Turn the chicken over and add the olives and capers. Turn the pan to low, cover, and cook for 4-5 minutes. Add the tomatoes, herbs, cover, and cook until the chicken reaches an internal temperature of 165 degrees.