

MEDITERRANEAN SAUCE

Sautéed Chicken Breast



Fully Cooked—Just Heat
and add for that “Finishing Touch”. This great sauce makes 2–4 servings and is cholesterol free, gluten free, has no MSG, no trans fat, low in fat and low in calories.

This unique, double sealed, package has a refrigerated shelf life of 150 days.



MEDITERRANEAN

Sautéed Chicken Breasts

- 1 8 ounce package Fortun's Finishing Touch Mediterranean Sauce
- 4 6-ounce, boneless/skin-on chicken breasts
- 1½ teaspoon kosher salt
- ¾ teaspoon freshly ground black pepper

Method

Place a large sauté pan over medium heat. Season both sides of the chicken breast with salt and black pepper. Once pan is hot, add olive oil, carefully place chicken breast in pan, skin side down. Cook, turning once, until firm to the touch which is approximately 5-6 minutes per side or has reached an internal temperature of 165°. Once cooked remove from pan to holding plate and allow resting for 2-3 minutes.

Place Mediterranean Sauce in the sauté pan and place over medium-high heat. Heat for about 1 to 2 minutes to a simmer **but do not allow the sauce to boil.**

Microwave Oven: Place the Mediterranean Sauce in microwavable dish. Heat on the high setting for 30-45 seconds, stir and then heat an additional 30-45 seconds.

Boil in Bag: Place 8 ounce bag in boiling water for 1-2 minutes.

To Serve: Place sautéed chicken breasts on serving plates and spoon the Mediterranean Sauce evenly over each chicken breast. Serve immediately.

Chef suggested pairings:

Wine: Cabernet Sauvignon, Zinfandel or Pinot Noir

Sides: Broccoli and brown rice

Serves 4