

Lemon and Garlic Chicken with Cherry Tomatoes
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The New York Times/NYT Cooking, updated July 15, 2024

Total Time: about 1 hour

Prep Time: 5 minutes

Cook Time: 40 minutes, plus 15 minutes marinating

Yield: 4 servings

Ingredients

2 tablespoons extra-virgin olive oil

3 tablespoons lemon juice

2 garlic cloves, minced or puréed

1 teaspoon chopped fresh rosemary

Salt and black pepper, to taste

2 boneless skinless chicken breasts

¼ cup dry white wine

2 heaped cups cherry tomatoes, about ¾ pound

Pinch of sugar

2 tablespoons all-purpose flour or a gluten-free flour such as rice flour or corn flour

2 tablespoons grapeseed, sunflower or canola oil

1 tablespoon chopped flat-leaf parsley

¼ cup grated Parmesan (optional)

Preparation

1. Stir together the olive oil, lemon juice, garlic, rosemary, and salt and pepper in a large bowl. Cut each chicken breast into 2 equal pieces (3 if they weigh 12 ounces or more) and place in the bowl. Stir together and refrigerate 15 to 30 minutes.
2. Remove chicken from marinade and pat dry with paper towels. (Discard marinade.) Place two sheets of plastic wrap (1 large sheet if you have extra-wide wrap) on your work surface, overlapping slightly, to make 1 wide sheet, and brush lightly with olive oil. Place a piece of chicken in the middle of plastic sheet and brush lightly with oil. Cover the chicken with another wide layer of plastic wrap. Working from the center to the outside, pound chicken breast with the flat side of a meat tenderizer or rolling pin until about ¼ inch thick. (Don't pound too hard or you'll tear the meat. If that happens, it won't be the end of the world, you'll just have a few pieces to cook.) Repeat with the remaining chicken breast pieces.
3. Season the pounded chicken breasts with salt and pepper on one side only. Dredge lightly in the flour on all sides (you will not use all of it) and tap the breasts to remove excess.
4. Turn oven on low. Heat a wide, heavy skillet over high and add oil. When oil is hot, place one or two pieces of chicken in the pan, however many will fit without crowding. Cook for 1½ minutes, until bottom is browned in spots. Turnover and brown other side, about 1½ minutes. (Do not overcook or chicken will be dry.) Transfer to a platter or sheet pan and keep warm in the oven. If there is more than a tablespoon of fat in the pan, pour some off into a jar or bowl.

5. Turn heat on burner down to medium-high. Add wine to pan and stir with a wooden spoon to deglaze. Add cherry tomatoes and cook, stirring often or tossing in the pan, until they begin to shrivel and burst. Add sugar and salt and pepper to taste and continue to cook, tossing the tomatoes in the pan and stirring often, for 5 to 10 minutes, until tomatoes have collapsed but are still intact. Top chicken breasts with the tomatoes, sprinkle with parsley and with Parmesan if using, and serve.

Tip - Advance preparation: The chicken breasts can be pounded several hours ahead – but don't marinate them until shortly before cooking – and kept between pieces of plastic in the refrigerator.