

Balsamic Baked Chicken Breast With Balsamic Tomato Sauce and Mozzarella Cheese

Baked Chicken Breast rubbed with garlic and herbs, dripping with a tomato balsamic sauce and melted mozzarella cheese! It doesn't get any better than this EASY chicken recipe! Let your oven do ALL the work and have the most delicious Baked Chicken on your table in less than 30 minutes!



4.99 from 100 votes

Prep Time	Cook Time	Rest	Total Time
5 mins	25 mins	5 mins	30 mins

Course: Dinner Cuisine: American Keyword: baked chicken, Chicken Servings: 4 people Calories: 301kcal
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Ingredients

- 4 skinless chicken breasts
- 2 tablespoons olive oil
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1 teaspoon salt
- 1 pinch cracked pepper to taste
- 1 ½ tablespoons minced garlic 5-6 cloves garlic
- 2 cups grape tomatoes or cherry tomatoes, halved
- ¼ red onion peeled and sliced
- ¼ cup balsamic vinegar
- 1 tablespoon brown sugar packed
- ¾ cup mozzarella cheese fresh shredded
- 2 tablespoons fresh parsley chopped, or basil, to garnish

Instructions

1. Preheat oven to 220°C | 430°F.
2. Place chicken breasts in a baking dish and drizzle with olive oil. Season with oregano, basil, salt, pepper and 1 tablespoon of minced garlic. Rub seasoning all over each breast. Arrange the tomatoes and red onion around the chicken in the dish.
3. Whisk together the balsamic vinegar, sugar and remaining garlic in a jug to combine. Pour over the chicken breasts, flip each breast in the sauce to evenly coat.
4. Bake in preheated oven for 20-25 minutes (depending on the thickness of your chicken breasts), or until no longer pink in the middle. Sprinkle with cheese and broil (or grill) for 4-5 minutes, or until cheese is melted and golden.
5. Garnish with parsley, and serve with rice or pasta drizzled with the pan juices.

Notes

Tip: I prefer to use fresh mozzarella cheese for this recipe as packet mozzarella doesn't have the same effect.

Nutrition

Calories: 301kcal | Carbohydrates: 11g | Protein: 30g | Fat: 15g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 0.01g | Cholesterol: 89mg | Sodium: 855mg | Potassium: 673mg | Fiber: 1g | Sugar: 8g | Vitamin A: 971IU | Vitamin C: 16mg | Calcium: 143mg | Iron: 1mg

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