

Sous Vide Chicken Caprese



Sous Vide Chicken is an easy and flavorful go-to chicken recipe and cooking technique for any day of the week. The addition of caprese flavors to sous vide chicken takes this recipe over the top delicious.

Course	Main Course
Cuisine	Italian
Keyword	caprese, chicken, sous vide
Prep Time	10 minutes
Cook Time	2 hours
Total Time	2 hours 10 minutes
Servings	2 servings
Calories	363kcal
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Ingredients

For the chicken

- 2 chicken breasts, boneless, skinless about 1.5 pounds
- 1/2 teaspoon kosher salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 5 cracks fresh black pepper
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- 6 fresh basil leaves

For the caprese topping

- 1 cup quartered cherry tomatoes
- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt
- 2 cracks fresh pepper
- 1 small garlic clove minced
- 3 fresh basil leaves torn by hand
- 2 ounces fresh mozzarella pearls
- balsamic glaze for drizzling

Instructions

For the chicken

1. Prepare sous vide water bath to 170 degrees. Place chicken breasts into separate sous-vide bags. In a small bowl, whisk together the salt, garlic powder, onion powder, dried basil, dried oregano, pepper, olive oil, and balsamic vinegar until combined. Pour half of the marinade into each bag. Gently massage marinade into chicken until coated. Add three basil leaves into each bag.
2. Vacuum seal the bags separately. Place bags into the hot water bath for 2 hours.

For the caprese topping

1. When the chicken is finished cooking, take them out of the water bath with tongs, set aside and make the topping. Place the tomatoes, olive oil, salt, pepper, garlic, basil, and mozzarella into a small bowl and stir to combine.
2. Cut open bags and place chicken on serving plates. Top each with half of the tomato mixture. Drizzle balsamic vinegar over top to your liking. Serve,

Nutrition

Calories: 363kcal | Carbohydrates: 8g | Protein: 30g | Fat: 23g | Saturated Fat: 4g | Cholesterol: 82mg | Sodium: 1037mg | Potassium: 631mg | Fiber: 1g | Sugar: 4g | Vitamin A: 495IU | Vitamin C: 18.3mg | Calcium: 140mg | Iron: 1.7mg

Sous Vide Chicken Caprese Recipe found on <https://thissillygirlskitchen.com/sous-vide-chicken-caprese/> *All nutritional information is approximate and may not be 100% accurate. Please consult a nutritionist for more specific information.