

Braised Chicken Thighs



aroma
KITCHEN

INGREDIENTS

- 6 chicken thighs
- 1 lemon zest
- Flour for dusting
- Salt and pepper
- 1 onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 carrot, finely chopped
- 1 tbsp finely chopped fresh rosemary
- 1 tbsp tomato paste
- 2 potatoes, peeled and chopped
- 1 cup white wine
- 1 can tomato polpa
- 1 Knorr low salt chicken stock cube**
- Fresh basil leaves
- Handful of black olives
- 1 tbsp chopped fresh parsley
- 1 small Maltese ftira for serving

METHOD

- 1 Pat the chicken pieces dry with kitchen paper, season with pepper and lemon zest and dust lightly with the flour. Shallow fry the chicken pieces in hot olive oil until golden brown and remove from the pan.
- 2 Add garlic, onion, carrot and rosemary to the same pan and cook for 4-5 minutes until soft. Stir in the tomato concentrate, cook for a further minute then pour in the wine to evaporate.
- 3 Return the chicken to the pan along with the tomato polpa, potatoes and the low salt stock cube made up with 500ml hot water.
- 4 Bring to the boil, lower the heat to a simmer and cook gently for 35 minutes. Take off the heat, stir in the basil and olives and serve sprinkled with chopped parsley and toasted chunky bread.

