

Chicken Cacciatore

This is a forgotten favourite. Originating in Italy, this rustic recipe has some lovely fresh flavours to it.

Tender pieces of chicken are slowly simmered in a rich tomato-based sauce, infused with garlic, onions, and herbs. You can even add a splash of wine if you wish! It's the kind of meal that fills the kitchen with warm, savory aromas and pairs perfectly with pasta, crusty bread, potatoes or a simple side of vegetables.

Often cooked using chicken breasts, but you can use chicken thighs if you prefer. These will often be more succulent, but we suggest removing the skin and excess fat before cooking.



Serves: 4

Ingredients:

2 x Fordhall Farm free range chicken breasts - Fordhall Farm chicken breasts are very generous in size. If you're using chicken breasts from elsewhere please use 4.

2 onions finely diced
4 cloves garlic, finely chopped, or 2 tsp garlic puree
2 sticks celery, finely chopped
1 red pepper
2 tins passata
2 tbsp tomato puree
2 tbsp Italian herb mix
1 tbsp balsamic vinegar
Large handful fresh parsley or thyme
salt and pepper

Cooking Instructions:

- 1 Preheat the oven to 190°C, or 170°C if fan assisted.
- 2 Spray a large, oven-proof casserole dish (with a lid) with low calorie cooking spray, and fry the onions for a few minutes until they start to soften.
- 4 Move the onions over to one side of the pan. Add the chicken and start frying.
- 5 Add in the celery, garlic and peppers, and stir everything together. Add the passata, mixed herbs and balsamic vinegar, and stir everything together. Use one of the empty chopped tomato tins to add about 200ml chicken stock.
- 6 Sprinkle in the fresh parsley or thyme, season with salt and pepper, stir gently. Place the lid on the casserole dish, and pop on the bottom shelf of the oven and bake for one hour.

