



4 servings



20 mins prep



80 mins cooking



Chicken Cacciatore

INGREDIENTS

2 tbsp olive oil
1 ½ kg chicken breast
¼ cup seasoned flour
1 onion, sliced
1 clove garlic, crushed
½ cup dry white wine
1 tbsp white wine vinegar
400g can crushed tomatoes
½ cup chicken stock
1 tbsp tomato paste
1 tsp brown sugar
½ cup kalamata olives, seeded
3 anchovy fillets, chopped
2 tbsp parsley, chopped
Rice or pasta to serve

DIRECTIONS

1. Preheat oven to 180 degrees Celcius fan forced
2. Heat oil in frying pan on high. Dust chicken in flour, shake off excess and fry in 2 batches, 4 - 5 mins each until golden.
Transfer to large casserole dish
3. In same pan, fry onion and garlic until tender
4. Stir in wine and vinegar. Bring to boil and cook until liquid reduces by half
5. Mix in tomatoes, stock, paste and sugar. Season and bring to boil for 4 - 5 mins. Pour over chicken and bake for 50 - 60 mins
6. Stir in olives, anchovies and parsley and bake uncovered for further 5 minutes
7. Serve with rice or pasta and top with left over parsley

NOTES