



## **Piedmontese Chicken**

This is a delicious dish using Mediterranean flavours of peppers, onions, garlic and tomatoes.

Serves 2

2 skinless chicken breasts  
1 small onion – finely sliced  
1 red pepper – finely sliced  
1 clove garlic – thinly sliced  
1 large, ripe tomato – cut into small dice  
½ glass white wine  
½ tsp sweet paprika  
1 tsp oil  
Salt & pepper



1. Rub the paprika, a good grind of black pepper and a sprinkling of salt over the chicken and set aside to marinate while you chop the vegetables.
2. Slice the onion and pepper finely.
3. Heat the oil in a small frying pan and fry the chicken breast over a medium heat to brown on both sides.
4. Add the sliced onions and fry for a few moments to soften and start to brown, then add the pepper slices and garlic.
5. Fry gently to soften for a few minutes, then add the wine, increase the heat and allow it to bubble and reduce by about half.
6. Add the chopped tomato, stir and cover the pan with a lid. Turn the heat down to a gentle simmer and cook for about 15min.
7. The tomato will have cooked down to a thick sauce consistency.
8. Remove the pan from the heat, take the chicken from the pan and place on a board. Slice the chicken at a 45 degree angle into about 4 pieces. Arrange a spoonful of sauce on a serving plate and place the chicken on top.
9. Garnish with a little parsley

### ***Hints, Tips and Variations***

*Wheat, gluten & dairy free*

*Make the sauce ahead—it will keep in the fridge for a couple of days or make a larger batch and freeze in portions*

*The sauce can also be used with pasta*

*Try beef, lamb, pork or fish instead of chicken.*

*Cook beans, chickpeas, pieces of tofu or Quorn in the sauce to make this a vegetarian dish.*

*Spice this dish up with some chilli or harissa paste.*