

# Braised Chicken with Tamarind & Pak Choi



**Serves 4**   **Prep 15 mins**

**Cooking 1h 25 mins**

**Easy**

## Ingredients

4 chicken quarters, skinned and trimmed of fat  
1 tbsp vegetable oil  
2 onions, thickly sliced  
1 tbsp tamarind paste  
1 rounded tbsp tomato puree  
700 ml vegetable stock  
2 pak choi, trimmed and halved  
freshly chopped parsley to garnish

1. Season the chicken. Heat the oil in a sauté pan with a lid over a medium to high heat and fry the chicken for 5 - 10 mins, until golden, turning occasionally.
2. Transfer the chicken to a plate and keep to one side. You will need about 1 tbsp of fat left in the pan for cooking the onions, so drain off the excess. Add the onions to the pan and cook for about 10 mins, or until they have a little colour and are beginning to soften. Stir in the tamarind paste and tomato puree, then pour in the stock.
3. Return the chicken to the pan along with the tomatoes and bring to a simmer. Cover and continue to cook, allowing the sauce to simmer for about an hour or until the meat is completely tender, stirring occasionally.
4. Remove the lid and skim off any excess fat from the surface of the sauce, then add the pak choi and simmer for 2-3 mins to soften it. Serve with some freshly chopped parsley.