

Chicken Cacciatore



Serves 4 Prep 30 mins

Cooking 1h mins

Easy

Ingredients

75g plain flour salt & freshly ground black pepper

1 x 1.5kg chicken, jointed into 8 pieces

2 tbsp vegetable oil

2 onions, sliced

30g tomato purée

800g ripe tomatoes, chopped

2 sprigs fresh rosemary

1 bay leaf

100ml white wine

150ml chicken stock

1 tbsp red wine vinegar

handful fresh parsley leaves

1. Season the flour with salt and freshly ground black pepper, then dredge the chicken pieces in it.
2. Heat the oil in a casserole dish over a medium heat, then fry the chicken for 2-3 minutes on each side, until brown on all sides. Remove and set aside.
3. In the same casserole, fry the onion and garlic for 8-10 minutes over a low heat, until softened.
4. Add the tomato purée and cook for five minutes.
5. Add the tomatoes, rosemary, bay leaf, wine, stock and vinegar and bring to the boil. Reduce the heat and simmer for 20 minutes.
6. Return the chicken pieces to the casserole and cover with a lid. Simmer over a low heat for 30-40 minutes, or until the chicken is tender.
7. To serve, remove the lid and sprinkle with parsley leaves. Spoon out onto plates and serve with roast potatoes.