

Chicken with Apple



Serves 4 Prep 20 mins

Cooking 50 mins

Easy

Ingredients

6 chicken thighs, or 1 chicken cut into 8
2-3 tbsp olive oil
1 onion
½ red pepper, finely chopped
2 carrots, finely chopped
salt
1 tbsp sherry vinegar
1 bay leaf
3 cooking apples, cored and quartered

1. Salt the chicken pieces and fry them in the oil over a medium heat, turning until golden on all sides. Take them out of the pan and set aside.
2. In the same oil as you fried the chicken, fry the onions, red pepper and carrots to soften them - first over high heat, then reduce the heat.
3. When the vegetables are soft, return the chicken to the pan. Wait for 3 mins, then add the vinegar, let it bubble for a couple of minutes, then add a glass of water (about 150ml) and the bay leaf. Cover the pan and let it all simmer for 30 mins.
4. Add the apples to the pan, cover once again and let it all simmer for another 20 mins until the apples are soft.