Rosemary Chicken with Tomato Sauce



Serves 4 Prep 5 mins Cooking 30 mins Easy

Ingredients

- 1 tbsp olive oil 8 boneless, skinless chicken thighs 1 rosemary sprig, leaves finely chopped 1 red onion, finely sliced 400g can chopped tomatoes 75ml red wine (optional)
- 1. Heat half the oil in a non-stick pan, then brown the chicken all over. Add half the chopped rosemary, stir to coat, then set aside on a plate.
- 2. In the same pan, heat the rest of the oil, then gently cook the onion for about 5 mins until soft. Add the remaining rosemary, then fry for a few mins more until fragrant. Pour in the tomatoes and the wine, if using, or 75ml water if not. Bring to the boil, then return the chicken pieces to the pan. Cover, then cook for 20 mins until the chicken is cooked through. Season and serve with a crisp green salad and crusty bread.