

Better-for-you chicken cacciatore



Ballarat Health Services

Ingredients

6 (about 1.1kg) chicken thigh cutlets, skin removed
2 tablespoons olive oil
200g mushrooms, sliced
1 red onion, thinly sliced
4 ripe tomatoes, chopped
4 garlic cloves, chopped
1 red capsicum, deseeded, chopped
1 yellow capsicum, deseeded, chopped
1 carrot, peeled, chopped
125ml (1/2 cup) white wine
250ml (1 cup) chicken style liquid stock
200g punnet grape tomatoes or cherry tomatoes
60g (1/4 cup) kalamata olives, pitted
2 tablespoons chopped fresh oregano leaves, plus extra sprigs, to serve
Crusty sourdough bread, to serve (optional)



Method

Step 1 Season the chicken cutlets well. Heat 1 tbs olive oil in a large non-stick frying pan over medium-high heat. Cook the chicken for 2-3 minutes each side or until browned all over. Transfer to a plate.

Step 2 Add the mushroom to the pan and cook, stirring, over medium heat for 3-4 minutes or until softened. Transfer to a bowl. Add the remaining 1 tbs oil to pan. Add the onion and cook, stirring, for 2-3 minutes or until just beginning to soften.

Step 3 Add the chopped tomato and garlic. Cook, stirring, for 3-4 minutes, until softened. Add the capsicum and carrot and cook for 2 minutes. Add wine and simmer for 5 minutes or until liquid has reduced by half.

Step 4 Return the chicken and mushroom to the pan. Add the stock, grape or cherry tomatoes, and the olives. Bring to the boil. Reduce the heat, cover and simmer for 20 minutes. Uncover and simmer for a further 20 minutes or until the liquid has reduced and sauce has thickened. Stir in the chopped oregano. Season.

Step 5 Divide the chicken cacciatore among serving bowls and scatter with extra oregano sprigs. Serve with sourdough, if you like

Winter
warmer you
can make
ahead of
time

Source: www.taste.com.au