

CHICKEN CACCIATORE



INGREDIENTS

3 tbsp olive oil
6 chicken thighs
Salt and pepper to season
1 brown onion, diced
3 cloves garlic, diced
1 small yellow capsicum, diced
1 small red capsicum, diced
1 large carrot, diced
300g mushrooms, slice
1/2 cup pitted black olives
8 sprigs fresh thyme
2 tbsp fresh chopped parsley
1 tsp dried oregano
150ml red wine
2 x 400g tins crushed tomatoes
2 tbsp tomato paste
200g roma tomatoes, halved
1/2 tsp chilli flakes

METHOD

Season chicken with salt and pepper.

Heat 2 tablespoons oil in a heavy cast iron skillet. Sear chicken on both sides until golden, about 3-4 minutes each side. Remove from skillet and set aside.

Add remaining oil to the pan. Sauté the onion until transparent, about 3-4 minutes. Add in garlic and cook until fragrant, about 30 seconds. Add the peppers, carrot, mushrooms and herbs; cook for 5 minutes until vegetables begin to soften.

Pour in the wine, scraping up browned bits from the bottom of the skillet. Cook until wine is reduced, about 2 minutes.

Add crushed tomatoes, tomato paste,

Roma tomatoes and chilli flakes.

Season with salt and pepper to your tastes. Return chicken pieces to the skillet.

Mix all of the ingredients together; cover with lid, reduce heat to low and allow to simmer (while stirring occasionally) for 40 minutes or until the meat is tender. Add in the olives, allow to simmer for a further 10 minutes. Garnish with parsley and serve immediately.

Typically served with either pasta or rice.

