



Braised Chicken with Tomatoes and Olives

SERVES 4

INGREDIENTS

500g tomatoes, cut into wedges
1 onion, cut into wedges
½ cup pitted black olives, drained
4 garlic cloves, crushed
2 tbs olive oil
2 tsp herbes de provence*
½ tsp fennel seeds

480g chicken pieces, skin and fat removed
½ cup salt reduced chicken stock
Salt and pepper, to season

*Savoury, rosemary, wild thyme, marjoram, origanum (oregano), basil, thyme in variable proportions.

METHOD

1. Preheat the oven to 200°C.
2. In a large baking dish toss together the tomatoes, onion, olives, 2 garlic cloves, 1 tbs of the oil, 1 tsp herbes de provence, fennel seeds, salt and pepper.
3. Place the chicken pieces in the baking dish with the vegetables, sprinkle with the remaining oil, garlic and herbs and pour in the stock. Roast for 45 minutes or until the chicken is cooked.
4. Rest for 10 minutes. Serve the chicken with the vegetables and pan juices.

