



Chicken in Red Wine Vinegar with Rocket Salad

SERVES 4

INGREDIENTS

1 tbs olive oil
480g chicken thigh fillets, halved
1 cup good quality red wine vinegar
1 cup salt reduced chicken stock
400g can tomatoes
50g black olives, chopped
2 tsp capers, rinsed and drained
1/3 cup chopped flat leaf parsley

Salad

1 orange, skin and pit removed and segmented
1 fennel bulb, halved and thinly sliced
100g rocket leaves
1 tsp olive oil
1 tbs balsamic or sherry vinegar

METHOD

1. Heat the olive oil in a heavy based saucepan and fry the chicken in batches until well browned.
2. Return all of the chicken to the saucepan with the vinegar and cook over high heat until the vinegar is reduced by half. Add the chicken stock and tomatoes and simmer for 20 minutes or until the chicken is tender.
3. Remove chicken from the pan, stir in the olives, capers and parsley. Bring to the boil. Serve chicken with sauce spooned over.
4. To prepare salad combine the orange, fennel and rocket in a bowl. Mix the oil and vinegar together and pour over the salad.

