



JERNEJ KITCHEN

CHICKEN THIGHS WITH TOMATO SAUCE

Chicken Thighs with Tomato Sauce is a quick and simple meal. Make it during the week, over the weekend, or for holidays—comforting and hearty dinner.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	30	MINUTES
TOTAL TIME:	35	MINUTES

CHICKEN THIGHS WITH TOMATO SAUCE

- 8 chicken thighs, boneless
- 100 g (1 cup) all-purpose flour
- 2 tbsp olive oil
- 1 onion
- 1 red bell pepper
- 3 garlic cloves
- 1 spicy chilli
- 80 ml (1/3 cup) white wine
- 400 g (14 ounces) canned diced tomatoed
- 8 olives
- 2 tbsp whole button mushrooms, canned (optional)
- 400 ml (1 2/3 cups) water
- 1 tsp chopped parsley
- 1 tsp chopped rosemary

SEASON THE MEAT

Add the meat to a bowl and season with salt and pepper. Rub the spices into the meat. Add flour to a deep plate and lightly coat the meat with flour on both sides. Shake off any excess flour.

PAN-FRY THE MEAT

Place a pan with olive oil over medium-high heat. Add the meat (working in two batches) and pan-fry on each side for 3 - 4 minutes or until the meat is golden-brown on both sides. Transfer to a plate and continue to cook in the same pan.

CHICKEN THIGHS WITH TOMATO SAUCE

Peel and dice the onion. Clean the red bell pepper and cut it into thin stripes. Add to the pan over medium heat and cook for 3 - 4 minutes. Add the minced garlic, chili, wine, diced canned tomatoes, olives, mushrooms, and water. Stir to combine and bring to a boil—season with salt, pepper, parsley, and rosemary. Stir and add in the pan-fried chicken. Cover with a lid and cook for 20 - 25 minutes or until the chicken is tender and the sauce is nice and thick. Remove the chili.

SERVE

Divide the Chicken Thighs with Tomato Sauce between four plates and serve with your favorite side dish.

TOOLS AND EQUIPEMENT Sponsored

- bowl
- pan with a lid