

# ONE-PAN GARLIC, TOMATO, BASIL CHICKEN



## ONE-PAN GARLIC, TOMATO, BASIL CHICKEN

4 chicken thighs  
4 chicken wings  
salt and pepper to taste  
flour for coating  
2 tablespoons olive oil  
 $\frac{1}{2}$  cup onion, chopped  
1 garlic clove, chopped  
1 table spoon tomato paste  
1 cup chicken stock  
 $\frac{1}{2}$  cup tomato, chopped  
1 tablespoon oregano  
 $\frac{1}{3}$  cup olives, halved  
1 tablespoon lemon juice  
 $\frac{1}{3}$  cup basil, chopped

Season the chicken with salt and pepper. Cover with the flour. Heat the oil in a pan and fry the chicken on both sides till brown but not cooked. Remove from the pan.

Place the onion and garlic in the pan and fry just till heated through. Add some salt and pepper to taste.

Add tomato paste, chicken stock, tomatoes and oregano. Heat

through and place the chicken back in the sauce.

Cover and simmer for 7-8 minutes or until chicken is cooked through.

Add the olives, lemon juice and basil. And simmer for a few minutes.

Serve with polenta or couscous.

Recipe and photo: Nicolette Papas