

Chicken Cacciatore



Ingredients

- 500g skinless chicken breast fillets, cut into 12 pieces
- freshly ground black pepper
- 1 tablespoon canola oil
- 1 medium (170g) red onion, halved, sliced
- 1 large (350g) green capsicum, sliced
- 2 (300g) celery stalks, cut into 1cm dice
- 2 medium (240g) carrots, sliced
- 2 large cloves garlic, chopped finely
- ¼ cup (60ml) dry white wine
- 400g can peeled tomatoes (no added salt), chopped coarsely
- 1 cup button mushrooms, sliced
- 1½ tablespoons fresh lemon juice
- ¼ teaspoon chilli flakes
- 2 cups (350g) instant polenta
- 2 tablespoons chopped fresh flat-leaf parsley

Method

1. Season chicken with pepper. Heat oil in a non-stick frying pan over moderately high heat. Add chicken, cook until browned on both sides. Remove from the pan.
2. Add onion, capsicum, celery and carrots to the pan; cook over low heat until vegetables are soft, about 10 minutes, stirring frequently. Stir in garlic and cook until fragrant.
3. Add wine, scraping the base of the pan. Add tomatoes, mushrooms, lemon juice and chilli flakes; bring to a simmer.
4. Return chicken to the pan, cover with crumpled, wet baking paper and simmer over low heat until chicken is cooked through, about 10 minutes.
5. Meanwhile, prepare polenta following packet directions, using water or stock. spoon polenta into bowls, add chicken mixture and sprinkle with parsley.

Suitable to freeze and microwave.

Recipe brought to you by Peninsula Bulk Meats