

Chicken Provencal

This Chicken Provencal recipe is quick, delicious and will transport you to the south of France with the first bite. It's fun to travel to distant lands through food, don't you think?!

Ingredients

2 shallots chopped
1 tbsp fresh thyme leaves only
1 tbsp fresh rosemary chopped
1 tbsp fresh flat leaf parsley chopped
1 tsp fennel seeds
1 cup /250 ml white wine
4 tbsp olive oil
4 skinless boneless chicken breasts
Salt
1 tbsp flour
½ cup / 125 ml chicken stock
6-8 cherry tomatoes halved
8 large green olives pitted
Parsley for garnish

Notes

Serve with bread, potatoes or rice.

Nutrition

Calories: 349kcal | Carbohydrates:
8g | Protein: 26g | Fat: 19g |

Method

In a large bowl combine chopped shallots, chopped herbs, fennel seeds, wine and half the olive oil, add chicken breasts and marinate for 2-3 hours in a refrigerator.

Take the chicken breasts out of the marinade and brush off the herbs and shallots as much as possible, season with salt and set aside. Reserve the marinade.

Preheat the oven to 200C/400F

In a large and deep pan brown chicken breasts in 2 tbsp of olive oil over medium heat until golden but not cooked through, approximately 2-3 minutes on each side. Remove to a plate.

Add flour to the pan and stir it in with the oil that was left in the pan from browning chicken, add ½ of the marinade and scrape the bottom of the pan with a spatula to release the brown bits, cook it on high until the sauce thickens, which should take about 2 minutes, reduce the heat to medium.

Add the rest of the marinade and stir, then add chicken stock, chicken breasts, halved cherry tomatoes and olives, bring to a boil and move it to the oven.

Finish it off in the oven uncovered for 25 minutes. The sauce should reduce by a third and will coat a spoon when tested for thickness.

Serve Chicken Provencal sprinkled with chopped fresh parsley with a side of rice or mashed potatoes.

