

Italian Roman Chicken

Prep Time: 5 minutes
Cook Time: 50 minutes
Serves: 4

Ingredients

4 x chicken fillets / breasts
1 x red pepper (sliced)
1 x yellow pepper (sliced)
100g chestnut mushrooms (sliced)
1 x tsp oregano
1 x tsp thyme
4 x garlic cloves (finely chopped)
150ml white wine
150ml chicken stock
1 x 400g chopped tomatoes

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Method

Season the chicken on both sides with salt and black pepper.

Bring a couple of table spoons of olive oil to a moderate to high heat in a shallow casserole pan or large frying pan.

Brown the chicken fillets on both sides until nice and golden. (approx 5 minutes each side)

Remove the chicken from the pan and reduce heat, add the peppers and mushrooms and allow to soften for around 5 minutes.

Add the garlic and fry for a further 1 minute.

Add the chicken fillets, wine, chicken stock, chopped tomatoes and herbs and bring to the boil.

Reduce to a simmer, cover and cook for a further 30 minutes.