

Provençale Style Chicken

Serves 8

Ingredients

8 chicken thighs (or joints of choice)
Vegetable/olive oil
4 large tomatoes, blanched and skinned (or 1 x tin chopped tomatoes)
1 onion, chopped*
50 g black olives (pitted)
150 – 200 ml dry white wine
2 cloves garlic, chopped
1 – 2 tsp McGregor Herbes de Provence*
Salt & pepper to taste



What to do

1. Season the chicken pieces with salt, pepper and the Herbes de Provence.
2. Heat the oil and brown the chicken pieces. Set aside.
3. Sauté the onion in the remaining oil. Add more if necessary. When slightly glossy, add the garlic and sauté for a little longer.
4. Add the remaining ingredients (olives, wine and additional McGregor Herbes de Provence if liked) to deglaze the pan if it's not oven proof.
5. Bake, covered, in a moderate oven for 45 minutes to an hour.
6. Remove the cover and bake for a further ½ hour and until the chicken skin is browned and the liquid has reduced and thickened.

Notes:

- Use shallots – they add a different dimension to the presentation
- If you like a stronger herb flavour, add more at step 4.
- Serve with rice, mash or hasselback potatoes and seasonal vegetables
- This freezes well in individual portions.

