

Nadya's Chicken Cacciatore

Ingredients:

- 3 tablespoons olive oil
- Boneless chicken thighs
- 1 medium onion diced
- 2 tablespoons minced garlic
- 1 small red bell pepper (capsicum) diced
- 1 large carrot peeled and sliced
- 10 oz (300g) mushrooms sliced
- 150 ml red wine
- 28 oz (820g) crushed tomatoes
- 2 tablespoons tomato paste
- Seasoning: salt, pepper, and Italian seasoning

Instructions:

1. Season chicken with salt and pepper
2. Heat 2 tablespoons oil in a heavy cast iron skillet. Sear chicken on both sides until golden (about 3-4 minutes each side). Remove from skillet and set aside
3. Add remaining oil to the pan sauté the onion until transparent (about 3-4 minutes)
4. Add in garlic and cook until fragrant (about 30 seconds)
5. Add the peppers, carrot, mushrooms and herbs and cook for 5 minutes until vegetables begin to soften
6. Pour in the wine, scraping up browned bits from the bottom of the skillet. Cook until wine is reduced (about 2 minutes)
7. Add crushed tomatoes, tomato paste, and season with salt and pepper to your tastes. Return chicken pieces to the skillet and continue to cook over stove top
8. Mix all of the ingredients together; cover with lid, reduce heat to low and allow to simmer (while stirring occasionally) for 40 minutes or until the meat is falling off the bone.
9. Add in the olives, allow to simmer for a further 10 minutes
10. Garnish with parsley and serve immediately. Serve with noodles or frozen veggies (microwaved for 2 mins) or rice
11. Enjoy!