

## Mediterranean Braised Chicken

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 1 hour



3 serves per portion

### Ingredients

2 tablespoon extra virgin olive oil  
4 cloves garlic, crushed  
2 red onions, peeled and cut into wedges  
4-5 medium red potatoes, chopped into quarters  
250g cherry or cocktail tomatoes  
4 chicken thighs or drumsticks, bone in, skin on  
375ml chicken stock - salt reduced  
1 cup pitted kalamata olives, drained (*optional*)  
2 lemons, juiced to achieve ½ cup juice  
1 ½ teaspoons paprika  
1 teaspoon dried oregano  
2 teaspoons Dijon mustard  
1 tablespoon honey  
Few sprigs of fresh oregano to garnish  
Ground black pepper to taste

### Method

COMBINE half the olive oil, lemon juice, garlic, mustard, honey, oregano, paprika and pepper to make a marinade. Mix well, add the chicken and coat well. Marinate the chicken overnight. (If time is limited the chicken can be cooked without marinating.)

PREHEAT oven to 180°C fan-forced.

HEAT remaining olive oil in a large oven proof pan or casserole dish over medium heat.

ADD the chicken pieces and cook until browned. Transfer chicken to a plate.

ADD onion to pan or casserole dish and cook for 5 minutes until soft.

RETURN chicken to the pan or dish, add potatoes, stock and season.

BRING to the boil and transfer the dish to oven.

BAKE uncovered for 30 minutes.

REMOVE from oven, add tomatoes and olives.

RETURN to oven and bake for a further 30 minutes until chicken is browned, cooked through and potatoes are browned.

REMOVE from oven, garnish with fresh oregano and serve with crusty bread.



Everyday Food

*Recipe courtesy of the Country Kitchens team*