

Chicken Provençal



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 white wine
- 4 tbsp olive oil
- 4 skinless boneless chicken breasts
- salt
- 1 tbsp flour
- ½ cup chicken stock
- 6-8 cherry tomatoes halved
- 8 large green olives pitted
- parsley for garnish

Method:

1. In a large bowl, combine chopped shallots, chopped herbs, fennel seeds, wine and half the olive oil add chicken breasts and marinade for 2-3 hours in a refrigerator.
2. 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.
3. Preheat the oven to 400F.
4. 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.
5. 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, about 2 minutes, and then reduce the heat to medium.
6. 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.
7. Finish it off in the oven uncovered for 25 minutes.
8. The sauce should reduce by a third and will coat a spoon when tested for thickness.
9. Serve Chicken Provençal sprinkled with chopped fresh parsley with a side of rice or mashed potatoes.