

CHICKEN WITH VINEGAR AND THYME

- EF, GF, SF, NF, SOYF

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INGREDIENTS

1 Tbsp. olive oil
 4 small (140g each)
 free-range chicken breast fillets
 2 garlic cloves, thinly sliced
 2 1/2 large eshallots, cut in half
 and thinly sliced
 7 thyme sprigs
 1 Tbsp. tomato paste
 100ml water
 110ml dry red wine
 50ml red wine vinegar
 1 pinch Himalayan rock salt
 1 pinch pepper

SERVES 4

NUTRITION INFO

CALORIES

98

TOTAL FAT

5g

SAT. FAT

0.8g

SODIUM

468mg

TOTAL CARBS

4g

FIBRE

2g

SUGARS

1.5g

PROTIEN

11.5g

METHOD

- 1 In a large deep frying pan heat the oil and cook chicken over medium heat for 4 minutes each side or until golden then transfer to a plate.
- 2 Add garlic, eshallots and thyme to the pan and cook while stirring, over medium heat for 4 minutes or until the eshallots have softened.
- 3 Stir in the tomato paste and cook for 1 minute before adding wine and vinegar.
- 4 Bring to the boil and cook for 1 minute. Add 100ml of water and the cooked chicken, and simmer over low heat, for 5 minutes or until chicken is cooked through and sauce has thickened.
- 5 Season to taste with salt and pepper.
- 6 Divide the chicken among plates then top with sauce.