



Red Tuscan tomato chicken

Recipe by Trish Davison of Hamlet Downs/ The Bear and the Ladel (TBATL)

INGREDIENTS

- 4tbs TBATL Tuscany Days and Florence spice blend
- 4 chicken thighs, drumstick and bone in
- 2 tbs extra virgin olive oil
- ¼ cup dry white wine
- ½ bottle TBATL De-vinely red tomato sauce
- 2tbs tomato paste
- ¼ cup roasted red capsicum cut into strips
- 1 can cannellini beans rinsed and drained
- ¾ cup chicken stock
- 4 cups baby spinach leaves

NOTES

TBATL Tuscany Days and Florence spice blend is a combination of garlic, sage, oregano, basil, thyme, fennel, rosemary and pure seal salt cracked black pepper.

DIRECTIONS

1. Separate the thigh from the bone with a sharp knife.
2. Blitz spice mix briefly then sprinkle on chicken and marinate for at least an hour.
3. In a deep frying pan, brown each of the chicken pieces and set aside.
4. In the same pan, deglaze with white wine and a dash of chicken stock until it caramelises. Add the remaining chicken stock. Add approx 125ml of tomato sauce.
5. Add tomato paste and the roasted capsicum strips and return the browned chicken portions and any remaining juices to the pan. Add the cannellini beans and simmer until chicken and beans are cooked through. Simmer on low till the sauce has reduced and thickened.
6. To service: wilt 4 cups baby spinach and place on each plate. Spoon beans, capsicum and sauce on plate. Place chicken pieces on top and drizzle remaining pan juice over chicken. Serve with crusty bread and leafy salad.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app

