



Pollo Alla Eulalia

 20 minutes

Recipe by Rose Ottavi-Kokkoris

INGREDIENTS

- chicken breast or thigh
- olive oil
- garlic
- flour (either plain or gluten free)
- red wine
- chilli (optional)
- salt to taste

SERVING SUGGESTION

Serve with a 'naked salad':
Toss mesculin salad mix with olive oil and a balsamic glaze.

This simple salad allows the chicken to be the focus.

DIRECTIONS

1. Tenderise chicken and season.
2. Heat oil with garlic.
3. Coat chicken in flour.
4. Fry on one side.
5. Turn, adding red wine then coat the chicken.
6. Reduce the liquid, adding chilli if desired.
7. Serve with a side salad (see serving suggestion).



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