



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

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).

SERVING SUGGESTION

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

This simple salad allows the chicken to be the focus.



Afternoons
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