

Spanish Chicken

Serves: 8-10

Preparation Time: 10 minutes

This fail proof dish is very versatile and quick to prepare.

Ingredients

4 single chicken breasts
1 teaspoon paprika
2 tablespoons PAMS Extra Virgin Olive Oil
1 teaspoon minced garlic
1/2 cup sherry or white wine
1/2 cup chicken stock
1/2 cup PAMS Olives
2 tablespoons finely chopped fresh thyme

Method

Preheat the oven to 190 degrees celsius.

Season the chicken with the paprika and a few shakes of salt and pepper.

Heat the PAMS Extra Virgin Olive Oil in a frying pan and stir in the garlic. Place the chicken in skin side down and cook over a moderate heat to brown the chicken without burning the garlic.

Turn the chicken over and transfer to a heat proof lasagne-style dish.

Into the pan, put the wine and stock and bring to the boil, stirring to lift off any sediment. Pour over the chicken and scatter over the PAMS Olives and thyme. Cover with foil.

Place in the preheated oven and cook for 20 minutes. Remove the foil and cook a further 20 minutes or until the chicken is tender. Set aside for 10 minutes.

To serve: Slice each breast thickly and serve layered with couscous spiked with chopped parsley and diced tomatoes, in a deep plate or shallow bowl and pour the cooking broth evenly among the dishes.

Some handy tips

Use a mix of PAMS Kalamata and or Spanish Stuffed Green Olives.

A handful of chopped dried prunes add a wonderful flavour to this dish.