

Less than 1 hour

Serves 4

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Ingredients:

- Salt and milled pepper
- 3 (about 600g-900g) frozen chicken leg quarters, defrosted (chicken breasts on the bone work well too)
- Glug olive oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- ½ cup (125ml) red wine (optional)
- 1 can (400g) tomato purée (chopped tomatoes work well too)
- 1 cup (250ml) chicken or vegetable stock
- 2 Tbsp (30ml) sugar
- Handful of fresh chopped herbs or 1 tsp (5ml) dried herbs (like basil, rosemary or Italian mixed herbs)
- ½ packet (250g) dried white kidney beans, cooked (or 1-2 cans kidney beans, drained)
- 3 salad tomatoes, quartered
- Fresh basil, for serving

Method:

1. Preheat oven to 190°C.
2. Season chicken and place in an ovenproof dish.
3. Bake for 25-30 minutes or until it starts to brown.
4. Heat olive oil in a pan and sauté onion for 5 minutes or until golden.
5. Add garlic and fry for another minute.
6. Add wine, if using, and cook until reduced.
7. Add tomato purée, stock, sugar and herbs, then cook for about 3 minutes.
8. Remove chicken from oven and pour sauce around it.
9. Add beans and tomatoes and bake for another 20-25 minutes or until cooked through.

10. Garnish with basil just before serving.