



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# PAPRIKA CHICKEN

**Time: 60 minutes**

**Serves: 6**

### Ingredients:

1 teaspoon extra-virgin olive oil  
4 chicken legs – split at the joint  
1 ½ teaspoons kosher salt  
1 ½ teaspoons fresh ground black pepper  
1 red bell pepper – seeded and thinly sliced  
1 large onion – halved and thinly sliced  
1 bulb fennel – thinly sliced  
1 tablespoon paprika  
2 cloves garlic - very finely chopped or crushed  
¼ cup fino sherry  
2 tomatoes – chopped  
1 teaspoon lemon juice  
2 tablespoons light sour cream

### Preparation:

Place a dutch oven on medium-high heat and add the olive oil.

Season the chicken pieces with a teaspoon each of the salt and pepper. Brown both sides of the chicken in batches and set aside tented with foil to keep warm.

Add the bell pepper, onion, fennel and paprika to the dutch oven, stirring occasionally for five minutes. Stir in the garlic and continue to cook for one minute.

Reduce the heat to medium low, stir in the sherry, tomatoes and the remainder of the salt and pepper.

Return the chicken to the pot, cover and cook for thirty minutes, turning the chicken once. Remove the chicken and set aside to keep warm.

Turn the heat to high to reduce the sauce, stirring often for five minutes. Remove the pot from heat, then stir in the lemon juice and sour cream.

Plate the chicken pieces topped with the sauce.

### Nutritional Information Per Serving:

Calories: 377  
Fat: 23g  
Carbs: 14g  
Fibre: 4g  
Protein: 26g