

# CHICKEN PIQUANTE

**Time: 40 minutes**

**Serves: 4**

### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 4 chicken legs
- 1 onion – diced
- 2 celery stalks – diced
- 1 green bell pepper – diced
- 2 tomatoes – diced
- 3 cloves garlic - finely chopped or grated
- 2 red chili peppers – seeded and finely chopped
- ½ cup chicken stock
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 1 teaspoon kosher salt
- ½ teaspoon fresh ground black pepper

### Preparation:

Place a high-sided frying pan on medium heat and add the olive oil.

Once the oil is hot, place the chicken legs in the pan, skin-side down. Cook for five minutes on each side, then set aside to keep warm.

Add the onion, celery and bell pepper to the pan and sauté for five minutes.

Add the remaining ingredients to the pan and return the chicken. Cook covered on medium-low for ten minutes or until the chicken is fully cooked.

### Nutritional Information Per Serving:

- Calories: 350
- Fat: 22g
- Carbs: 8g
- Fibre: 2g
- Protein: 30g