



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CHICKEN LIVERS

Time: 20 minutes

Serves: 4 as a starter

Ingredients:

15g olive oil
150g shallots – thinly sliced
10g garlic – finely chopped
200g dry red wine
400g chicken livers – cut into 3cm pieces
5g kosher salt
1g fresh ground black pepper
10g parsley

Preparation:

Place a pan on medium heat and add the oil.

Add the shallot and garlic, stirring occasionally for two minutes.

Pour in the wine and reduce for four minutes.

Turn heat to high, adding the chicken livers, salt and pepper. Cook stirring occasionally for four minutes or until livers are only slightly pink inside.

Remove from heat and stir in the parsley, saving some for garnish.

Serve immediately.

Nutritional Information Per Serving:

Calories: 219
Fat: 9g
Carbs: 8g
Fibre: 0g
Protein: 18g