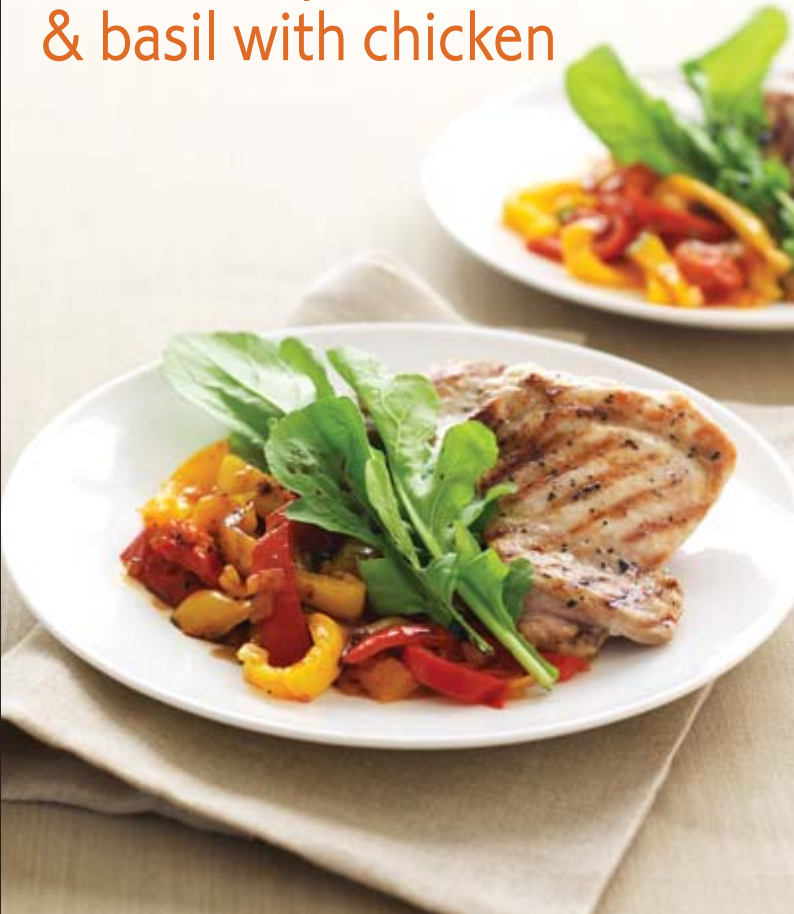


# Braised capsicum, tomatoes & basil with chicken



## Braised capsicum, tomatoes & basil with chicken

**Preparation** about 20 minutes (+ chilling time)

**Cooking** about 50 minutes

**Serves** 4

- 1/3 cup olive oil
- 2 tbs lemon juice
- 8 chicken thigh fillets, trimmed
- Salt and ground black pepper
- 1 brown onion, finely chopped
- 2 small yellow capsicums, quartered lengthways, deseeded and thinly sliced
- 1 medium red capsicum, quartered lengthways, deseeded and thinly sliced
- 3 garlic cloves, finely chopped
- 250g mini roma or cherry tomatoes, halved
- 1/3 cup chicken stock
- 1 tsp sugar
- 1/2 cup basil leaves, roughly torn
- Rocket leaves, to serve



### Capsicums

- A top source of vitamin C, with just half an average-sized red capsicum supplying four times the recommended dietary intake of this anti-infection vitamin.
- A good source of beta carotene, which the body converts to vitamin A and uses to fight many infections.

1. Combine 2 tbs oil and lemon juice in a shallow dish. Season with salt and pepper. Add chicken and toss to combine. Refrigerate for 30 minutes (or longer if time permits).
2. Meanwhile, heat remaining 2 tbs oil in a deep, heavy-based frying pan. Add onion and cook, stirring often, for 3 minutes. Add capsicums and garlic and cook, stirring often, for 5 minutes. Add tomatoes, stock, sugar and basil. Cover and simmer over medium-low heat, stirring occasionally, for 30 minutes or until tender. Season with salt and pepper to taste.
3. Preheat a char-grill or barbecue over medium-high heat. Cook chicken for 4–5 minutes on each side or until just cooked through. Serve chicken with braised vegetables and rocket leaves. Drizzle with balsamic vinegar to serve if desired.

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