

# Braised fennel & lemon chicken



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**Preparation:** about 15 mins **Cooking:** about 35 mins **Serves:** 4

### Ingredients:

2 medium fennel bulbs  
2 tbs olive oil  
1 x size 11 chicken, cut into 8 pieces  
2 medium red onions, sliced  
1/2 cup dry white wine  
1 cup chicken stock  
salt and ground black pepper  
1/4 cup lemon juice  
1/3 cup reduced fat sour cream  
mashed potato & lemon wedges, to serve

### Method:

1. Trim, halve and thinly slice fennel. Reserve 1/3 cup fennel leaves, roughly chop, cover and chill until ready to serve.
2. Heat oil in a large oven-top casserole or deep frying pan over high heat. Add chicken and cook, turning occasionally, for 5 minutes or until golden. Remove to a plate.
3. Add onions to pan and cook, stirring occasionally, for 3 minutes or until soft. Add fennel and cook, stirring often, for 5 minutes or until tender.
4. Add wine to pan and cook for 1 minute. Return chicken to the pan, add stock and stir to combine. Cover and simmer over medium-low heat for 25–30 minutes or until chicken is just cooked through.
5. Season with salt and pepper to taste. Stir in lemon juice and sour cream over low heat (do not allow to boil) until hot. Sprinkle with reserved chopped fennel leaves. Serve with mashed potato and lemon wedges.