

# braised vegetables & chicken



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### Ingredients:

1 tbs plain flour  
2 tsp ground cumin  
4 medium chicken breasts, on the bone  
1 tbs olive oil  
10 pickling onions, peeled  
1 cup chicken stock  
400g can diced tomatoes  
1 bunch Dutch carrots, peeled  
1 medium parsnip, peeled and roughly chopped  
salt and ground black pepper  
chopped flat leaf parsley, to serve

### Method:

1. Combine flour and cumin in a plastic bag. Add chicken and shake to coat chicken in flour mixture. Heat oil in a large oven-top casserole dish or frying pan over medium-high heat. Add chicken and cook for 3 minutes on each side or until golden. Transfer chicken to a plate.
2. Add remaining flour from plastic bag and onions to pan and cook, stirring often, over medium-high heat for 5 minutes or until onions are golden.
3. Add stock, undrained tomatoes, chicken, carrots and parsnip to pan. Stir to combine and bring to the boil, stirring occasionally, over medium-high heat. Reduce heat to medium-low, partially cover and simmer, stirring occasionally, for 30–35 minutes or until chicken is cooked through.

### HEALTH BENEFITS:

#### Dutch carrots

- Provides folate (one of the protective B vitamins) that is especially important in the early weeks of pregnancy and may also reduce risks of some heart problems.
- Excellent source of beta carotene, which is converted in the body to vitamin A. This vitamin is essential for fighting infection and eye health.

4. Season with salt and pepper to taste. Simmer, uncovered, for 5 minutes or until sauce reduces slightly. Sprinkle with flat-leaf parsley and serve with crusty bread, if desired.

**Serves:** 4

**Preparation:** 20 minutes

**Cooking:** 50 minutes

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