

Braised fennel & lemon chicken



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Serves: 4

Preparation: 15 minutes

Cooking: 35 minutes

2 tbs olive oil

1 x size 11 chicken, cut into 8 portions

2 medium red onions, sliced

2 medium fennel bulbs, trimmed and thinly sliced

1/2 cup dry white wine

1 cup chicken stock

salt and ground black pepper

2 tbs lemon juice

2 tbs crème fraîche or sour cream

1 tbs roughly chopped dill

1. Heat oil in a large oven-top casserole or frying pan over high heat. Add chicken and cook, turning occasionally, for 5 minutes or until golden. Remove to a plate.
2. Add onions to pan and cook, turning occasionally, for 3 minutes or until soft. Add fennel and cook, tossing occasionally, for 3 minutes.
3. Return chicken to pan, stir in wine and cook for 1 minute. Reduce heat to medium-low, add stock and stir to combine. Season with salt and pepper to taste. Cover and simmer for 20 minutes or until chicken is cooked through.
4. Add lemon juice, crème fraîche or sour cream and dill. Gently toss and serve with lemon wedges, if desired.

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