



Chicken with Rosemary and Vegetables

A great One Pot Wonder. I add any veg I have on hand.

Serves 4

8 chicken chops (thigh cutlets ie bone in)

2 tablespoons plain flour

2 teaspoons sweet paprika

1 tablespoon olive oil

2 stalks fresh rosemary

1 ½ cups (375mls) chicken or veg stock

½ cup(125mls) dry white wine

Potatoes, carrots, etc cut into medium size pieces.

Preheat oven to moderate (160)

Combine flour, paprika, salt and pepper in a bowl. Add chicken to coat.

Heat oil in a large flameproof oven dish. Shake excess flour of chicken.

Cook chicken in the oil, in batches, until brown.

Add the vegetables, stock, wine and rosemary to the dish, bring to the boil.

Transfer dish to the oven, uncovered, for about 40 minutes or until the chicken is cooked.

Serve with some green veg.

Enjoy