

## Chicken "Romana" With Steamed Couscous & Courgettes

*A robust Italian dish that's quick and easy to make, yet sophisticated enough for a supper party. A great tasting meal for very little effort!*

Serving Size: 2 portions

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Effort Level: Easy

Shelf Life: 2 days in fridge. 3 months in freezer

Ingredients:

- ✓ 2 x 200g skinless chicken breasts
- ✓ 75 ml dry vermouth
- ✓ 400g can chopped tomatoes
- ✓ 4 cloves garlic OR 2 tsp pre-chopped
- ✓ 1 onion OR 2 heaped tbsp pre-fried onion
- ✓ 2 tbsp *Delicias* baby capers
- ✓ 8 *Crespo* green pitted olives
- ✓ 8 *Crespo* black pitted olives
- ✓ 1 tsp sugar
- ✓ 1 tsp dried oregano
- ✓ 2 tbsp olive oil
- ✓ 25g fresh basil or use pre-made basil oil (for recipe see page 20)
- ✓ 100g couscous
- ✓ 250g courgette

You Will Need The Following Equipment:

- ✓ Chopping board and vegetable knife
- ✓ 2 Large frying pans with lids or cover with tin foil
- ✓ Wooden spoon, tablespoon and teaspoon
- ✓ Measuring jug
- ✓ 1 small plate
- ✓ Oven proof dish
- ✓ Tin foil
- ✓ Fork

N.B.: Remember the chicken breasts will continue cooking in the heat of the sauce so don't overcook them!

### Step One:    **Let's Prep!**

1. Finely chop 1 onion and 4 garlic cloves (if using fresh).
2. Flatten the chicken breasts with the heel of your hand so they have an even thickness of 1½ cm and season with freshly ground black pepper. Don't add salt as the capers and olives will provide enough.
3. Place 2 dinner plates in a low oven to warm.
4. Boil the kettle with 500ml water.
5. Tip 100g couscous into an oven proof dish, pour on 150ml boiling water add a pinch of salt, a splash of olive oil and stir well. Cover with tin foil and place on the bottom oven shelf and leave to gently steam and swell for the remaining cooking time.

### Step Two:    **Let's Cook!**

1. Place the frying pan over a high heat and allow it get hot then reduce to a medium heat.
2. Add 1 tbsp olive oil and the seasoned chicken breasts and sear for 2 MINUTES each side then remove them to a plate.
3. Add the chopped onion (if using instead of pre-fried) plus a splash more olive oil to moisten and fry gently for 5 MINUTES.
4. Meanwhile, slice in half 8 green and 8 black olives. Measure out 2 tbsp capers (scoop out with a small teaspoon then onto a tablespoon) and put aside with the olives.
5. Tip the chopped garlic into the pan or add 2 heaped tsp pre-chopped garlic and 2 heaped tbsp pre-fried onion (if using instead of fresh) and continue frying for 1 MINUTE.
6. Pour on 75ml dry vermouth and increase to a high heat and boil hard for 2 MINUTES until the alcohol has reduced right down.
7. Add 400g chopped tomatoes, 1 tsp dried oregano and 1 tsp sugar plus the olives and capers and return the chicken breasts to the pan. When the sauce is boiling, reduce the temperature to a medium heat. Cover the pan with a lid and leave to simmer gently for 8 MINUTES.

### Step Three:

1. Meanwhile slice 25g basil leaves into thin ribbons (if using instead of basil oil) and put aside.
2. Cut the courgettes into ½ cm slices.
3. Pour 250ml water into the 2<sup>nd</sup> frying pan with a dash of salt and place over a high heat.

4. Take the couscous out the oven and fluff up well with a fork then replace the tin foil lid and return to the oven to keep warm.
5. Tip the courgettes into the rapidly boiling water. Cover and steam for 1 ½ MINUTES.
6. Drain the courgettes and return them to the pan with a knob of butter.
7. Check the chicken, it should be cooked through, if not, increase the temperature to a high heat for a further minute or so. When the breasts are just cooked through add a drizzle of basil oil (if using) otherwise, add the fresh basil ribbons plus a drizzle of olive oil and take off the heat.
8. Take the couscous and the warmed dinner plates out the oven. Arrange the couscous, courgettes and chicken on each plate and serve.

“Bellissimo!”