

Pan-Roasted Chicken With Grapes



A simple one pan meal that ticks all the boxes. Sweet grapes with savoury chicken and a delicious, aromatic sauce.

Ingredients

- 8 Chicken Thigh Fillets
- 5 Garlic Cloves
- 1 Onion, quartered
- ½ Cup White Wine
- 1 Cup Chicken Stock
- 2 sprigs Fresh Rosemary, chopped
- 1 Small Bunch Red or Green Grapes (200g-300g)

Method:

1. Preheat the oven to 190C.
2. In a large ovenproof saucepan over medium high heat, drizzle some olive oil. Season the chicken, then add the marylands, skin side down, in batches. Fry for 5-6 minutes on each side

until golden all over. Transfer to a plate and set aside.

3. Add the garlic, and onions in the same pan and cook for 3-4 minutes until the onions have softened slightly. Deglaze the pan with white wine, then add the chicken stock. Bring to a boil, let it reduce by half then return the browned chicken back into the pan and add the rosemary.
4. Transfer the pan into the oven and cook for 20 minutes.
5. Drizzle a little olive oil on the grapes and scatter them around the chicken and cook for a further 15-20 minutes until the grapes have caramelised.