

Mediterranean Chicken



Instructions:

Season chicken with half the salt and pepper and dredge in flour, shaking off any excess.

In a heavy-bottomed skillet, heat olive oil over medium heat and brown the chicken starting skin side down until golden, then set aside.

In the same skillet, sauté the onion, carrot, and mushrooms until the onion is soft (about 3-4 minutes). Add the bell peppers, garlic, oregano, thyme, and basil, cooking for an additional 3 minutes.

Deglaze the pan with red wine, scraping off any bits from the bottom.

Reduce the wine for about 2 minutes, then add the tomato paste and diced tomatoes.

Stir in the olives, remaining salt, and pepper, and add red pepper flakes if desired.

Return the chicken to the skillet, cover, and reduce heat to low. Cook for 50 minutes, stirring occasionally, until the chicken is cooked through.

Adjust seasonings and serve hot with your choice of side.

Ingredients:

- 6 chicken thighs, bone-in, skin-on
- 1 teaspoon salt, divided
- ½ teaspoon ground black pepper, divided
- ½ cup all-purpose flour
- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 1 carrot, sliced into ½ inch slices
- 5 ounces (140g) mushrooms, sliced into ¼ inch slices
- 6 medium cloves garlic, minced
- 1 red bell pepper, sliced into strips
- 1 yellow bell pepper, sliced into strips
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- ½ teaspoon dried basil
- ½ cup (120ml) dry red wine
- 28oz (800g) diced tomatoes
- 3 tablespoons tomato paste
- ½ teaspoon crushed red pepper flakes (optional)
- ½ cup black olives, pitted