



Creole Chicken

A Louisiana favorite

Serves : 4
Preparation Time : 10 minutes
Cooking Time : 30 minutes

Ingredients

1 lb / 450g chicken cut into 2 inch pieces
2 medium onions. finely chopped
1 clove garlic, minced
5 fl oz / 150ml white wine
1/2 tsp salt
8oz / 225g french beans or similar
14oz / 400g tinned tomatoes
6 tbsp vegetable oil
1 tsp basil
1/4 tsp ground chilli
1 tsp ground coriander
1/2 tsp ground cumin
1 tsp oregano
1 tsp paprika
2 tsp parsley
1/2 tsp coarse black pepper

Herbs & Spices

1 tsp Basil
1/4 tsp Chilli Ground
1 tsp Coriander Ground
1/2 tsp Cumin Ground
1 tsp Oregano
1 tsp Paprika
2 tsp Parsley
1/2 tsp Pepper Black Coarse

Cooking Instructions

heat 3 tbsp of oil in a heavy based pan or casserole dish over a hot hob and quickly brown the chicken pieces. Remove the chicken.

Reduce the heat to medium and put the onions and garlic in the pot and gently fry until the onions are soft. Add the rest of the oil and fry the chilli, coriander, cumin and paprika for 2 mins. Stir to prevent sticking.

Put the chicken back in the pot along with the wine, tomatoes, basil, oregano, salt and pepper. Cover and simmer gentle for 20 mins or until chicken is just cooked. Stir occasionally to prevent sticking. Add the beans and simmer with the lid off until they are cooked (add a little water if necessary). Stir in the parsley and simmer for a further 1 minute then serve with potatoes and bread, or fried rice and a green salad.