

Love FRENCH Food

www.lovetrenchfood.com and www.france-travel-guide.net

Recipe: Chicken with Olives (Poulet à la Provençale)

Chicken with olives is a quick and easy recipe that is so divine! Popular in the south of France but found elsewhere as well. You can't do better than this if you want a nourishing meal in a hurry!

This recipe is for 4 people but you can vary it depending on how many you are cooking for. A chicken breast for each person is needed.

INGREDIENTS

- 6 ripe plum tomatoes (skinned and chopped)
- 4 chicken breasts (with or without the skins, as you prefer)
- 6 tablespoons olive oil
- 1 garlic clove, chopped
- 24 stoned black olives
- A handful of basil leaves
- Salt and pepper

METHOD

- Place the chicken breasts between pieces of greaseproof paper or cling film and pound with a meat mallet (flat side) then season with salt and pepper
- Heat the oil in a heavy bottomed pan and add the chicken pieces and fry for a few minutes on each side until golden brown. Remove and keep warm.
- Fry the garlic for a few minutes until golden.
- Stir in the olives and cook for one minute then stir in the tomatoes.
- Shred the basil leaves and stir them into the mixture.
- Pour the mixture over the chicken pieces and serve immediately