



Braised chicken breast from the oven

Tenderly braised and full of Mediterranean flavors: this oven-baked chicken breast cooks gently in a fruity tomato sauce and is accompanied by a fresh fennel and potato salad. A light, aromatic oven dish that will delight with little effort.

Zutaten

4 Portionen

1 Fennel (approx. 350 g)
150 g Celery
2 EL Lemon juice
2 EL Extra virgin olive oil, IT
1 Pinch Sugar
6 Triplets Potatoes
1 Glass Perfetto classic tomato sauce
600 g Chicken breast fillet
Pepper
2 EL Mediterranean fried olive
Oregano
Lime and lemon zest

Zubereitung

Cut the fennel and celery into pieces and mix in a bowl with the lemon juice, olive oil and sugar. Wash the potatoes and cut into wedges. Preheat the oven to 160°C fan. Pour the tomato sauce into a small casserole dish and place in the oven to heat up.

Season the chicken breast fillet with salt and pepper. Heat the frying olive in a pan and fry the meat on both sides for 1 minute each. Remove the baking dish from the oven, place the chicken fillet in the warm tomato sauce, turn once and leave to braise in the oven for about 15-20 minutes – depending on the thickness of the fillets – until tender.

Meanwhile, boil the potato wedges in salted water, drain and add directly to the fennel and celery mix. Season the salad with salt and pepper to taste.

Remove the chicken fillets from the oven and cut into generous slices. Arrange on plates with the tomato sauce and fennel salad. Garnish with a little fresh oregano and lime or lemon zest and serve.