



CHICKEN-A-LA-RED WING

What you'll need:

- 1 tsp salt
- 1 tsp white pepper
- 1 tsp Trade Routes Paprika
- 2 tbsp flour
- 2 tbsp Velha Olive Oil
- 2 onions (chopped)
- 1 red capsicum (finely chopped)
- 2 tins 400 g Pomodoro Chopped Tomatoes
- 1 chicken cut into pieces
- 1 packet mushroom soup powder
- 2 cups water
- 1 tin 400g Craft Mushrooms
- Trade Routes Basmati Rice and flat leaf parsley to serve

How to make:

- Preheat oven to 200°C
- Season chicken pieces with salt, pepper, paprika and dust with flour
- Heat oil in sauce pan, brown chicken pieces to golden colour and place in a bowl
- In the same sauce pan, add the onions and capsicum - cook till soft
- Add the tomatoes, simmer for 3 minutes
- Add mushrooms and simmer for another 3 minutes
- Mix mushroom soup powder with water and add to the mixture.
- Place chicken in a single layer in a casserole dish, pour the warm mixture over.
- Cover with foil and bake for 60 minutes
- Sprinkle with parsley

Serve with basmati rice

