

# Chicken Provence

*A quick supper full of flavour...*



# Chicken Provence

*Looks exotic, yet takes minutes to make. Perfect for the special occasion or making a dinner party splash.*

## Ingredients...

1 John Munro Stuffed Chicken Crown  
2 tins of chopped tomatoes  
Handfull of chopped fresh oregano  
Handfull of black pitted olives chopped  
2 cloves of garlic crushed  
4 sides of sundried tomatoes chopped  
Two large shallots chopped  
1 quality chicken stock cube.

Option: if you like a little heat add half a chopped fresh chilli.

## Approach...

This really couldn't be more easy to do and it takes only as long as the chicken crown takes to cook all the way through. The nice thing about it is you can do the sauce in advance and then re-heat through - the flavours will be stronger. The Crown only requires a little olive oil and then put in the oven, so as a combination it's perfect as a party meal leaving you to enjoy a glass of wine!

For the crown rub with a little olive oil and then place on a baking sheet. Put into a preheated oven at 180 degrees, cover with a small sheet of foil initially and cook slowly until totally cooked through - it takes a long slow cook. Take off the foil and place under a grill to crisp up the bacon on top.

For the sauce fry the chopped onions and garlic until soft then add the rest of the ingredients. Slowly cook to reduce the liquid until you have a nice rich tomatoe sauce. To arrange, slice the crown into portions like you would a cake, being carefull not to let it fall apart. Lay the sauce on the plate and place the crown to the centre. Serve with fresh crusty bread and parmesan cheese spinked over.

**Servings: 2 people per crown.**

## John Munro Limited. Highland taste on your plate.

The Highlands has what most people will agree is a unique landscape with dramatic weather. It's this weather that creates the fine grasses, the heather tips and crystal clear waters that define the beef and lamb, which we sell through our time honoured and traditional butchers shop network. All we can say is that our skills are in the presentation of our meats, but we leave the rest to the Highlands when it comes to creating it!

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*"We're probably in, just about one of the best place in the whole of the UK for beef and lamb. The landscape, the weather and the fine grasses and heathers, all combine to make a taste and texture few can compare too."*

*Charlie Munro, John Munro Limited.*

