

Chicken with Plum Sauce

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Ingredients:

4 chicken breasts.
Salt and freshly-ground black pepper.
1 tablespoon of olive oil.
1 tablespoon of onion, chopped.
1 can of red plums.
Small amount of stock or water.
1 tablespoon of lemon juice.
½ lemon rind, zested.
¼ teaspoon of ground allspice.
Pinch of parsley, to garnish.

Directions:

Trim the chicken breasts and season them with the salt and black pepper.

Heat the olive oil in a pan and fry the chicken until browned all over. Transfer to a casserole.

Add the chopped onions to the olive oil in the pan and fry gently until soft; then drain off any excess oil from the pan.

Drain the plums and make up the juices to 1 ¼ cups of with stock or water. Add to the pan and bring to a boil. Add the lemon rind, juice and allspice to the sauce.

Adjust seasoning and pour over the chicken.

Arrange the plums over and around the chicken.

Cover the casserole and cook in a 350°F (180°C) oven for 50 minutes.