

# Basquaise chicken



PREPARATION TIME

15 min



COOKING TIME

25 min



SERVES

4

## INGREDIENTS

- 4 free-range chicken fillets with skin
- 2 red and 2 yellow peppers
- 250 g tomato coulis
- 1 tsp paprika
- 1 onion
- Garlic
- Parsley and thyme
- Olive oil

## INSTRUCTIONS

Peel and remove seeds from peppers. Peel and mince the onion. Peel and remove the germ from a few cloves of garlic, then chop them up. Cut the chicken into pieces.

In a little oil, fry the garlic, onion and peppers for 2-3 minutes. Add the chicken, tomato, paprika, parsley and thyme.

Simmer on low heat for about 25 minutes.

*Recipe taken from the book Les combinaisons alimentaires - Mieux digérer au naturel (only available in French for the moment).*