

# Posh Coq au Vin (Healthy)

## Ingredients

- 4 large chicken legs, skinned and cut into thighs and drumsticks
- 1 tbsp plain flour
- Freshly ground black pepper
- 150g (5oz) small pickling onions, peeled
- 4 bacon rashers, cut into strips
- 200g (7oz) mixed fresh wild mushrooms, cleaned, sliced
- 2 garlic cloves, crushed
- 150ml (¼ pint) good-quality red wine
- 1 tbsp tomato paste
- 850ml (1½ pints) hot chicken stock
- 2 sprigs of fresh thyme
- 1 small bay leaf
- 20ml olive oil



## Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Heat a small amount of olive oil in a large non-stick flameproof casserole dish.
3. Dust the chicken pieces with the flour, mixed with a little black pepper. Add to the pan and fry for 4-5 minutes on each side until the chicken is browned. Remove the chicken from the pan and place to one side.
4. Add the onions and bacon and cook for 5 minutes, until browned all over. Then add the mushrooms and garlic and cook for a further 5 minutes until the mushrooms are browned. Add the red wine and boil for 2-3 minutes.
5. Return the chicken to the pan, add the tomato puree and carefully mix well. Add the stock a little at a time to form a sauce. Bring to the boil, tuck in the thyme and bay leaf, cover with a lid and place in the oven to cook for 25-30 minutes or until the chicken is tender and the sauce reduced in consistency and intense in flavour.
6. Remove the thyme and bay leaf and serve with mashed potatoes and steamed spinach.

## Notes

Serves 4

Nutrition: per serving

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
265	7g	2g	38g				0.89g