



Italian Style Braised Chicken on Roasted Pumpkin and Parsley Mash

Serves 4

SUPPORTING POSITIVE AGEING FACT

A braised main-course dish warm from the stove is not only delicious, nutritious and cost effective, it is true 'comfort food', and for many evokes happy memories of meals shared with family and friends.

The recipe's main ingredient is chicken which is a great source of protein, iron and a number of essential B vitamins. Braising the chicken makes it very tender, and perfect for those requiring a soft diet. Pumpkin has been used to make an interesting change from the traditional mashed potato and with its vibrant colour, looks appetising on the plate.

Incorporating garlic, rosemary, thyme, balsamic vinegar, mustard and nutmeg greatly enhances the dish's flavour which is crucial in ensuring enjoyment and the nutrition it can provide.

INGREDIENTS

- 40ml Olive Oil
- 800gm Chicken Thigh Fillet - remove any excess fat and sinew, then cut into a 4cm dice.
- 40ml Olive Oil
- 150gm Brown Onion - peel, halve and finely dice.
- 1 Garlic Clove - peeled, and finely chop.
- 80gm Button Mushrooms - rinse, drain, and cut into quarters.
- 16 Rosemary Leaves - rinse, drain and finely chop.
- 20 Thyme Leaves - rinse, drain and finely chop.
- 25gm Plain Flour
- 400ml Chicken Stock
- 400gm Crushed Tomato
- 40ml Balsamic Vinegar
- 5gm Caster Sugar
- To Taste - Sea Salt and Freshly Ground Black Pepper
- 1kg Seasonal Pumpkin - peel, deseed, and cut into a 2cm dice.
- 40ml Olive Oil
- 40ml Full Cream Milk - warm to room temperature.
- 40gm Unsalted Butter - warm to room temperature.
- 1 tsp Hot English Mustard
- To Taste - Ground Nutmeg
- To Taste - Sea Salt and Freshly Ground Black Pepper
- 20 Flat Leaf Parsley Leaves - rinse, drain, and finely chop.

METHOD

1. Pre-heat an oven to a moderate temperature - 160°C.
2. Place a saucepan over a moderate heat, add the first batch of olive oil, once hot, add the chicken thigh fillet pieces and saute until they are well browned on all sides, then remove them from the saucepan and set to one side.
3. Over a moderate heat in the same saucepan, add and heat the second batch of olive oil, add the onion, and saute stirring regularly until the onion has softened, then add the garlic, button mushrooms, rosemary and thyme and continue to saute for a further minute, or until the mushrooms are lightly browned.
4. Add the plain flour and using a wooden spoon combine with the other ingredients.
5. Add the chicken stock, crushed tomato, and balsamic vinegar, bring up to the boil, then reduce the heat and allow the sauce to gently simmer for 10 minutes, then add the chicken and continue to gently simmer for a further 15 minutes or until the chicken is cooked through and tender, and the sauce has reduced and thickened. Add, and stir in the caster sugar, then season to taste.



6. Whilst the chicken is braising, place the pumpkin and the third batch of olive oil in a bowl and mix until the pumpkin is thoroughly coated. Place the pumpkin onto a roasting tray, place into the oven and roast for 20 minutes or until the pumpkin is tender, then remove from the oven, and carefully place it into a mixing bowl and mash it, once mashed, add and thoroughly combine the milk, butter, hot English mustard and nutmeg.
7. Season the pumpkin mash to taste, then fold through the parsley.

TO SERVE

Place a portion of the roasted pumpkin and parsley mash onto the centre of each serving plate, and then top with a portion of the Italian style braised chicken. Alternatively, serve both dishes at the table, for guests to serve themselves..