

## **CHICKEN BREAST WITH HOMEMADE RATATOUILLE**

Portions: 4

### **Ingredients**

4 tbsp Olive Oil  
1 Garlic Clove, crushed  
1 red Onion, roughly chopped  
1 Aubergine, cubed  
1 green Courgette, cubed  
1 yellow Courgette, cubed  
1 red pepper, seeds removed and chopped  
800g Tinned Chopped or Freshly chopped tomatoes  
Flageolet Beans, drained and rinsed  
Sprig of Rosemary  
Sprig of Fresh Thyme  
Handful of Purple Basil roughly ripped  
1 tbsp butter  
1 tbsp olive oil  
4 chicken breasts  
Szchuan Pepper  
75g Butter  
2 tbsp Capers  
Juice of 1 ½ Lemons  
Kale, washed and stalks removed  
Nutmeg, grated  
Alfalfa sprouts, washed for garnish

### **Method**

Heat the oil in a large saucepan then add the garlic, onion, aubergine, courgette, pepper and sauté until all the vegetables are lightly coloured.

Add the tomatoes, herbs and flageolet beans to the vegetables and simmer for 30 minutes. Ratatouille will improve if allowed to rest over night to allow the flavours to infuse with each other.

For the chicken: Heat the oil and butter in an ovenproof frying pan. Add the chicken (presentation side down first) into the pan and when golden turn over place into a pre-heated oven (about 180°C) to continue cooking.

When the juices run clear the chicken is cooked. Allow the chicken to stand for a couple of minutes to relax before serving with good portion of ratatouille and some sautéed spinach.