

Garlic Chicken with Balsamic Vinegar

Serves
4

Ingredients

500g boneless, skinless chicken breasts

1 tsp fresh ground black pepper

15ml olive oil

3 cloves garlic, peeled and chopped

60ml balsamic vinegar

180ml reduced salt chicken stock

1 bay leaf

¼ tsp thyme leaves

1 tbsp cornflour





Method

1. Season the chicken breasts with pepper. Heat olive oil in a non-stick frying pan over a medium-high heat, then cook the chicken until nicely browned on one side (about 3 minutes).
2. Add the garlic, turn the chicken. Move the mixture around to prevent it from sticking. Cook for a further 3 minutes.
3. In a small bowl, mix the balsamic vinegar, reduced salt stock, bay leaf, thyme leaves and cornflour.
4. Add the vinegar mixture to the pan and stir until the sauce has thickened.
5. Cover and cook over a moderate-low heat for about 10 minutes.
6. Serve with rice or pasta.