

Italian Chicken with Polenta and Parmesan Mash



I use polenta a lot. It can be used in cakes as well as savoury dishes. You should always buy organic polenta where possible otherwise it tends to be made using genetically modified corn starch (not good!). Polenta is low in carbs and rich in Vitamins A and C.

This recipe is for 4 but adjust as needed.

You'll need:

- 4 chicken breasts
- 200g chopped pancetta or chopped smoked bacon
- 1 large red onion, diced
- 2 cloves garlic, crushed
- 2 sprigs rosemary
- ¼ cup balsamic vinegar
- 1 tbsp Worcester sauce
- 1 tin, chopped tomatoes
- Handful fresh basil, chopped
- 3 cups chicken stock
- 1 ½ cups milk
- ½ cup grated parmesan

Pre heat your oven to 180'.

Heat a little oil or butter in a large pan on the hob and place your whole chicken breasts in there and gently fry them off for a couple of minutes each side. Add the pancetta or bacon, garlic and the onions. Fry gently for another 2 mins before adding the tomatoes, 1 cup of the stock, worcester sauce, vinegar and rosemary. Cover the pan and place it into the oven for 30minutes. (This is going to make your kitchen smell really good!)

5 mins before your chicken is ready to come out of the oven, make your polenta mash. Mix the remaining stock with the milk and gently bring to the boil. Whisk in the polenta until it thickens and bubbles. You can make polenta really runny or really thick. I make mine to a mashed potato consistency but feel free to add more stock or just boiling water to it if it feels too thick for you. Stir in the parmesan.

Take your chicken dish out of the oven and stir in some fresh basil. Place a large spoonful of polenta mash into a bowl and top with the chicken, pancetta and the delicious gravy. You may want to add some steamed veg or serve this just as it is.