



Roman Style Chicken

Serves 6

This Roman styled dish relies on the traditional food variety of the Mediterranean region called the 'Mediterranean Trinity' comprising of Olive Oil ; Barley and Wine. The wealthier Romans consumed meats including chicken. All these lovely ingredients give rise to this perfectly balanced flavoured dish that transports you back to ancient luxury dining at a Roman villa – DELICIOUS!

Equipment

- Apron
- Non slip mat or tea towel
- Chopping Board
- Sharp Knife
- Measuring Jug
- Measuring spoons
- Kitchen scale
- Scissors
- Plastic Cup
- Garlic Press
- Can Opener
- Hob
- Frying Pan or electric skillet with lid
- Tongs
- Wooden Spoon
- Serving Dish or silver trays

Ingredients

- 4 skinless chicken breast halves, with ribs
- 2 skinless chicken thighs, with bones
- ½ tsp salt, plus 1 tsp
- ½ tsp freshly ground black pepper, plus 1 tsp
- 70ml olive oil
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 80g prosciutto, chopped
- 2 cloves garlic, chopped
- 450 tin chopped tomatoes
- 115ml white wine
- 1 tbsp fresh thyme leaves
- 1 tsp fresh oregano leaves
- 115ml chicken stock
- 200g barley
- 2 tbsp capers
- 10g chopped fresh flat-leaf parsley leaves

Nutrients

Chicken is a source of protein which help build and maintain our bodies. Removing the skin removes the excess fat making this one of the favourite lean meats to enjoy.



Barley is one of the oldest consumed grains in the world and has some impressive health benefits. Barley provides a range of important minerals and vitamins and has a high fibre content but low in calories which makes this a good choice in a balanced diet.

Peppers are not only colourful and tasty but are a good source of Vitamin C and packed with lots of anti-oxidants which help fight off inflammation.

Method

1. Season the chicken with 1/2 tsp salt and 1/2 tsp pepper. In a heavy, large frying pan, heat the olive oil over medium heat. When the oil is hot, cook the chicken until browned on both sides. Remove from the pan and set aside.
2. Keeping the same pan over medium heat, add the peppers and prosciutto and cook until the peppers have browned and the prosciutto is crisp, about five minutes. Add the garlic and cook for one minute. Add the tomatoes, wine, and herbs. Using a wooden spoon, scrape the browned bits off the bottom of the pan. Add the Barley and stir into the sauce. Return the chicken to the pan, add the stock, and bring the mixture to a boil. Reduce the heat and simmer, covered, until the chicken is cooked through, about 20 to 30 minutes. Check liquid levels and top up with more stock if needed.
3. If serving immediately, add the capers and the parsley. Stir to combine and serve. If making ahead of time, transfer the chicken and sauce to a storage container, cool, and refrigerate. The next day, reheat the chicken to a simmer over medium heat. Stir in the capers and the parsley and serve.

Based on recipe from: <http://www.foodnetwork.co.uk/recipes/roman-style-chicken.html#>

Carbohydrates - Gives us energy	Protein - Builds our bodies	Good Fats in small quantities - Keeps our bodies working	Fibre - Sweeps our tummies
 <p>Barley</p>			
<p>Allergens: Cereals: Barley, gluten ; Celery (Stock) ; Sulphite (Wine) Presence of allergens can vary by brand – always check product labels.</p>			

Try something different next time – why not try using different meats – quail ; whole poussins (baby chickens) or turkey. Using meat on the bone give the sauce extra flavour and the Ancient Romans enjoyed eating meat off the bone. Instead of barley, you could use rice or kidney beans. Otherwise cook up some couscous separately and serve alongside the chicken dish. You can add other vegetables to this dish as well, such as courgettes ; aubergines or broccoli. Make a day in advance and the flavours will develop even more!

Skills learnt today: You have: seasoned ; browned ; cut ; deseeded ; sliced ; chopped ; measured ; stirred ; simmered

