

Chicken Marbella for One

Serves: 1
Prep time: 5 Minutes
Marinating: 2 hours or overnight
Cooking time: 25-30 minutes in Air Fryer
In oven 40-45 minutes

Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 8 pitted prunes
- 6 pitted green olives
- 2 tablespoons capers
- 1 teaspoon caper water
- Pinch dried oregano
- 4 garlic cloves, peeled, bruised and halved
- 2 bay leaves
- Salt and Pepper
- 1 chicken breast
- 2 - 3 tablespoons brown sugar
- 4 tablespoons white wine

Garnish *optional

- 2 tablespoons fresh parsley, chopped

Method:

- Place the chicken breast, oil, vinegar, prunes, capers, bay leaves, oregano, garlic, salt and pepper, into a zip lock or bowl. Rub the liquid into the chicken then refrigerate for at least 2 hours to enable the flavours to soak into the flesh.
- **Preheat the Air Fryer 195°C or oven 190°C**
- Remove the chicken from the fridge and place into a small ovenproof dish
- Pour the marinade evenly over the chicken
- Sprinkle the brown sugar evenly over the chicken breast
- Drizzle the white wine around the chicken
- Place the dish into the Air Fryer and cook for 25-30 minutes or until cooked through. This will depend on the size of the chicken breast
- If using the oven it will take longer to cook, use a thermometer to test the breast chicken should reach 75°C



*This recipe was adapted from "The Silver Palate" cookbook that I purchased when holidaying in Canada. This chicken dish is a real winner. What a fruity morsel, juicy and delicious. **Enjoy!***