



**The Gathered Green**

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## **LEMONY BRAISED CHICKEN & KALE**

Thank you to [theroastedroot.net](http://theroastedroot.net) for this recipe and picture.

*Serves 4 to 6*

### **Ingredients**

- 1 whole chicken, butchered (preferably pasture raised). Alternatively, use 1.5kg of chicken drumsticks
- 3 tablespoons melted coconut oil separated
- 1 large brown onion, finely chopped
- 6 small cloves garlic minced
- 2 cups of chicken broth
- 1 cup dry white wine
- 1 whole lemon, zested and juiced
- Leaves off one bunch kale (stems and central veins removed), chopped
- Salt and pepper to taste





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## Method

Heat 2 tablespoons of oil in a large pan to medium-high heat.

Sprinkle the raw chicken with salt and pepper and place them skin-side down on the hot pan.

Cook until the chicken becomes crispy and browned, about 8 minutes. Flip chicken to the other side, and cook another 2 to 3 minutes but do not cook the chicken all the way through. Using tongs, transfer chicken to a plate and set aside.

Preheat the oven to 220 degrees Celsius.

In a large oven proof pot, heat 1 tablespoon of oil over medium heat.

Add the chopped onions and sauté until translucent, about 8 minutes.

Add the garlic and sauté for another couple of minutes.

Arrange the pieces of chicken in the pot so that they are skin-side up.

Pour the chicken broth, wine, lemon juice, and lemon zest over the chicken.

Cover the pot and place in the oven. Allow chicken to cook for 20 to 25 minutes.

Remove the pot from the oven, add the kale leaves, stir them into the chicken and broth, replace the cover, and place pot back in the oven for 5 to 8 minutes, or until kale has softened and chicken has cooked through.

Carefully remove the pot from the oven. Serve kale and chicken with spoonfuls of the broth over mashed potato or cooked rice.

Enjoy!

Jane

