Braised Chicken with Fennel and Apple

NIBBLEDISH CONTRIBUTOR

Ingredients

1 tbsp olive oil
2 skin-less chicken breasts
salt/pepper
½ large onion, chopped
2 cloves of garlic, minced
1 fennel bulb, trimmed, cored and sliced
½ cup dry white wine
½-3/4 cup apple cider
1 large granny smith apple, cored and sliced (I used a Fireside apple)
4 sprigs of thyme
3 bay leaves
pinch of saffron (optional)

Instructions

Heat olive oil in a skillet over medium heat and rub salt/pepper on each side of the chicken. Add the chicken to the pan and cook on each side until golden brown. Place on a plate. Then, add onion, fennel and garlic to the skillet and cook until golden brown, around 7-8 minutes. Add the wine and bring to a boil, then add cider and bring to a boil again. Add chicken back to skillet with apples, thyme, bay leaf and saffron (optional). Bring to a boil again, then cover and simmer, 10-15 minutes. I would remove the cover half-way through and allow sauce to thicken. Season with salt and pepper if you wish. Simple, nutritious and delicious!