



Chicken PROVENÇAL



DOWNLOAD
THIS RECIPE

Print • Save
• Share ♥



Rustic. Flavorful. Provençal. ♥

A classic from the South of France, this dish is a beautiful blend of Mediterranean vegetables, herbs, and tender chicken simmered to perfection. ♥



INGREDIENTS

- ♥ 4 bone-in chicken thighs or breasts
- ♥ 2 tbsp olive oil
- ♥ 1 onion, sliced
- ♥ 3 cloves garlic, minced
- ♥ 2 cups cherry tomatoes (or 2 large tomatoes, chopped)
- ♥ 1/2 cup Kalamata olives
- ♥ 1 tsp dried thyme
- ♥ 1 tsp dried rosemary (or 1 tbsp fresh, chopped)
- ♥ 1/4 cup fresh basil, chopped
- ♥ Salt & black pepper to taste



DIRECTIONS

- 1 Heat olive oil in a large skillet or Dutch oven over medium heat.
- 2 Season chicken with salt and pepper. Brown chicken on both sides. Remove and set aside.
- 3 In the same pan, sauté onions until soft. Add garlic and cook for 1 minute.
- 4 Add tomatoes, olives, thyme, rosemary, and a pinch of salt and pepper. Stir well.
- 5 Return chicken to the pan. Add a splash of water if needed. Cover and simmer on low heat for 30–35 minutes, until chicken is tender.
- 6 Stir in fresh basil just before serving. Serve warm.



HERBS IN THIS RECIPE



ROSEMARY



THYME



BASIL

Chef's Tip ♥

For even more flavor, let the chicken marinate in olive oil, garlic, herbs, and lemon juice for 30 minutes before cooking.



PERFECT PAIRINGS



CRUSTY
FRENCH BREAD



RICE OR
COUSCOUS



ROASTED
VEGETABLES



A GLASS OF
RED WINE



Chicken Provençal is a celebration of simple ingredients, sun-ripened tomatoes, fragrant herbs, and the relaxed elegance of the French countryside. ♥

Herbs bring life, flavor, and tradition to every bite.



SCAN TO VISIT
MY WEBSITE!



EVERYTHING HERBAL
by Cheryl Jabz ♥
www.everythingherbalbycheryljabz.com

This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Always consult with a qualified healthcare professional before using herbs, especially if pregnant, nursing, or on medication.

For more herbal
recipes, remedies
& resources! ♥

