

Chicken with Romesco Sauce & Garlicky Beans

15 Minutes

Serves 4

Ingredients

4 small free-range chicken breasts
4tbsp extra-virgin olive oil
300g roasted red peppers from a jar, drained well
1 tsp sweet smoked paprika
40g flaked almonds, lightly toasted in a dry pan
2 tbsp sherry vinegar (or use lemon juice)
6 large garlic cloves, thinly sliced
500g spring greens or kale, thick stems removed, coarsely shredded
Crusty bread to serve (optional)

Method

Slice the chicken breasts horizontally almost completely in half, leaving the halves attached down a long side, then open out like a book to 'butterfly'.

Heat a large non-stick frying pan with 4 tsp of the oil over a medium heat, season the chicken well, then add to the pan. Fry for 8-10 minutes, turning once, until golden and cooked through. Set aside.

Meanwhile, using a small food processor (or stick blender & jug), whizz the drained peppers, paprika, most of the almonds, 2 tbsp of the oil and the vinegar with some salt and lots of pepper until smooth.

In the frying pan, gently heat the rest of the oil, then fry the garlic for 3-4 minutes until golden. Add the greens and 4tbsp water, then increase the heat to medium and cook, stirring, for 4-5 minutes until wilted. Serve the chicken on top of the greens with a dollop of romesco sauce, a scattering of almond flakes and crusty bread.