

Red Wine Braised Chicken

Tender chicken braised in a rich and flavorful red wine sauce.



Main Dish

45 min

Total time

Medium

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast
- 1 cup red wine
- 1 onion, diced
- 2 cloves garlic, minced
- 1 carrot, sliced
- 1 celery stalk, sliced
- 1 bay leaf
- 1 sprig of thyme
- Salt and pepper to taste
- 2 tablespoons olive oil

Steps

- 1 Heat olive oil in a pan over medium heat. Season the chicken breast with salt and pepper.
- 2 Sear the chicken breast on both sides until golden brown. Remove from the pan and set aside.
- 3 In the same pan, add the diced onion, minced garlic, carrot, and celery. Cook until vegetables are softened.
- 4 Pour in the red wine and bring to a simmer. Add the bay leaf and thyme sprig.
- 5 Return the chicken breast to the pan and cover with the wine mixture.
- 6 Reduce the heat to low, cover the pan, and let the chicken braise for about 20–25 minutes or until cooked through.
- 7 Remove the chicken from the pan and let it rest for a few minutes before slicing.
- 8 Strain the braising liquid and return it to the pan. Simmer until the sauce has thickened.
- 9 Serve the sliced chicken with the red wine sauce.