

Oven Bake Chicken Cannellini Bean Creole



Serves 4

Ingredients

- 1 Kg Chicken thigh fillets
- 1 brown onion finely chopped
- 1 green pepper cored deseeded and chopped
- 1 red pepper cored deseeded and chopped
- 1 cup of chopped celery
- 1 cup of sliced mushroom
- 1 canned tomatoes
- 1 bay leave
- 1 clove garlic – bruised and skin removed
- 1 teaspoon of sugar
- 3 teaspoon **Le' Spice Creole Spice Mix**
- 3 tablespoon of olive oil
- 1 L chicken stock
- Boiled rice to serve

Method

Brown the chicken on both sides with olive oil in a fry pan

Drain well with paper towel

In a casserole dish line the chicken and then garnished with the remaining ingredients

Pour the chicken stock in the casserole dish

Cover with foil

Drizzle with olive oil

Then cook the chicken for 1 ½ hour in the oven at 180 degree until the stock has reduced significantly and the sauce thickened

Serve with boiled rice