



INGREDIENTS

8 chicken thighs
 ½ cup of AP flour (for dredging)
 3-4 TBSP of olive oil
 6 anchovies
 3 whole garlic cloves
 Fresh oregano
 1 TBSP of chili flakes
 3 dried bay leaves
 100 ML. of balsamic vinegar
 1 cup of passata
 150 ml. of water
 ¼ cup of chopped fresh parsley



CHICKEN THIGHS WITH ANCHOVIES & BALSAMIC VINEGAR

By Caterina Romano's Kitchen

DIRECTIONS

1. Set the stove to high heat. In a large frying pan heat the oil.
2. Season the chicken with kosher salt & pepper on both sides. Place the chicken thighs in the flour. Shake off excess flour and place the chicken in the hot oil skin side down. Cook for 3-4 minutes on each side until they turn golden brown.
3. Set the chicken aside.
4. In the same frying pan, add the anchovies and with a wooden spoon break and move them around until they dissolve.
5. Add the garlic and cook for a couple of minutes.
6. Add the oregano, chili and bay leaves and cook together for a few minutes.
7. Add the balsamic vinegar and cook for 1 minute. Remove the garlic.
8. Return the chicken to the pan along with the passata and the water. Stir everything together.
9. Cover and simmer for 40 minutes turning the chicken around after 20 minutes.
10. Serve this dish with couscous and peas or any vegetable of choice.