Steph's Simple Living

CHICKEN IN GOLDEN SAUCE



This recipe was handed down to me by my mother-in-law, who made it for my husband when he was a child. Over the years I've made a few small changes, and now it's a well-loved favourite in our home too.

INGREDIENTS

CHICKEN

- 8 skinless chicken thighs
- ¼ cup olive oil (for drizzling)
- 2 tsp sweet paprika (or to taste)
- Salt & pepper
- Plain flour

SAUCE

- 1 tin cream of chicken soup (or homemade)
- ¾ tin water

TO SERVE

- Fresh parsley, chopped

ROAST VEGETABLES (OPTIONAL)

- Roast carrots, pumpkin, potatoes, broccoli or your favourite vegetables tossed in olive oil, salt & pepper until tender and golden.

METHOD

1. Preheat oven to 180°C.
2. In a large freezer bag, put the flour, paprika, salt & pepper.
3. Add chicken thighs and shake to coat.
4. In a non-stick deep baking tray, place the coated chicken.
5. Drizzle with olive oil.
6. Bake for 30 minutes.
7. Turn the chicken over and bake for another 30 minutes.
8. In a bowl, mix the cream of chicken soup and ¾ tin of water. Stir until blended.
9. Turn the chicken back over. Pour the sauce over the chicken.
10. Bake for a final 30 minutes.
11. For a little extra colour, grill for a few minutes until golden.
12. Sprinkle with fresh parsley to serve.

STEPH'S NOTES

- I use 8 skinless chicken thighs instead of chicken breast fillets.
- I'm gradually replacing canned cream of chicken soup with my homemade version as I use up pantry supplies.

Best Served With

Roast vegetables, rice, mash or crusty bread to soak up that delicious golden sauce.

SIMPLE INGREDIENTS, BEAUTIFUL RESULTS

a calm home is built in the everyday