

# *Chicken with Orange & Rosemary Sauce*

## **Ingredients:**

- 4 Boneless chicken breasts
- 2 tbsp olive oil
- 3 tbsp balsamic vinegar
- 150 ml fresh orange juice
- 150 ml chicken stock
- 2 tsp fresh chopped rosemary
- 1 tbsp light muscovado sugar
- Knob of butter
- Orange segments & rosemary

## **Method:**

1. Flatten the chicken slightly with a rolling pin between cling film.
2. Unwrap and season both sides with pepper.
3. Heat oil in frying pan and fry over medium heat for 5 mins.
4. Pour 2 tbsp of balsamic vinegar, the orange juice and stock over the chicken and sprinkle with rosemary and salt.
5. Bring to the boil, simmer for 5 mins turning once.
6. Add sugar, butter and rest of balsamic vinegar and sizzle for a few minutes.
7. Add orange segments and rosemary.
8. Transfer to a serving dish.