
THE GREEN LINE

ROMAN-STYLE CHICKEN AND PEPPERS, BY ERICA FOFFI

[You can watch Erica Foffi demonstrate the recipe on THEGREENLINE.TO.](https://thegreenline.to)

INGREDIENTS (serves four people):

- ☐ 1.5 kg Chicken drumsticks and thighs, skin-on
- ☐ 1 red bell pepper
- ☐ 1 yellow bell pepper
- ☐ 1 can (400g) of peeled tomatoes
- ☐ 1 onion, thinly sliced
- ☐ 1 garlic clove, crushed
- ☐ Fresh basil leaves
- ☐ Olive oil
- ☐ Salt
- ☐ (Optional) White wine, for deglazing

INSTRUCTIONS:

Step 1: Prepare the vegetables

Cut the bell peppers into thin strips.

Thinly slice the onion and crush the garlic.

Set aside.

Step 2: Brown the chicken

In a large cast iron or non-stick pan, heat a little bit of olive oil. Add the chicken pieces and

brown them on all sides until the skin is golden and crispy (about 20 minutes). Remove the chicken and set it aside in a bowl.

Optional step

Add a splash of white wine to the hot pan to deglaze, scraping up any flavourful bits from the bottom. Pour this liquid over the chicken.

Step 3: Start the sauce

In the same pan, heat a bit more olive oil. Add the garlic, sliced onion, basil leaves and the sliced bell peppers.

Cook for 5–7 minutes until the vegetables start to soften.

Step 4: Add the tomatoes

Pour the canned peeled tomatoes over the vegetables and crush them slightly with a spoon.

Stir, season with salt and let simmer for a few minutes.

Step 5: Simmer the chicken

Return the chicken (and any juices) to the pan.

Stir gently, cover partially with a lid and let it cook over medium-low heat for about 30–40 minutes, until the chicken is tender and the sauce is rich and flavourful.

Step 6: Serve

Serve warm, with plenty of sauce and peppers spooned over the chicken. Ideal with rustic bread.