



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### CHICKEN MARTINI

**Time: 40 minutes**

**Serves: 2**

#### **Ingredients:**

1 tablespoon extra-virgin olive oil  
2 chicken breasts – bone-in, skin-on  
½ teaspoon kosher salt  
½ teaspoon fresh ground black pepper  
½ cup dry vermouth (or dry white wine)  
1 preserved lemon (skin only) – chopped  
½ cup whole green olives  
1 tablespoon fresh rosemary - chopped

#### **Preparation:**

Place a frying pan on medium heat and add the olive oil.

When the oil is hot, season both sides of the chicken breast with the salt and pepper, then cook for five minutes per side or until the skin is well-browned.

Add the remaining ingredients, reduce the heat to a simmer and cook covered for twenty minutes or until the internal temperature of the chicken reaches 165F.

Plate the chicken with the olives and pan juices.

#### **Nutritional Information Per Serving:**

Calories: 367  
Fat: 20g  
Carbs: 4g  
Fibre: 0.5g  
Protein: 24g