

# delicious dish

## one dish chicken cassoulet

A cassoulet is a hearty country stew originating in France. It typically has meat, white beans and vegetables. This is my very quick and easy home cooked chicken version of a traditional dish, soon to become a family favourite, I'm sure!

### ingredients

2 cans white beans, rinsed and drained  
3-4 large carrots, peeled and cut in 1- inch chunks  
2-3 large parsnips, cut in 1-inch chunks  
4 stalks celery, cut in 1-inch chunks, try to use some of the leaves from the celery heart as well, chopped also.  
Small box of cherry tomatoes, halved or 2-3 Roma tomatoes, chopped or a small can of tomatoes chopped  
Handful basil leaves, torn  
Handful of parsley leaves, roughly chopped  
1 bulb (yes a whole bulb) of garlic, cloves separated, skin on  
¼ cup white wine, chicken stock, or water  
3 Tbs. olive oil  
2 Tbs. good quality balsamic vinegar  
1½ tsp. kosher salt  
½ tsp. freshly ground pepper  
6 chicken legs (leg and thigh attached), about 2½ lbs. of chicken pieces

### directions

1. Preheat oven to 375°F, arrange the rack so that the chicken will go on a rack in the lower two thirds of the oven.
2. In a large sauté pan or earthenware dish (oven safe), place the white beans at the bottom of the pan. Place the carrots, parsnips, celery and leaves, tomatoes, most of the parsley and basil (save a few leaves for the top), most of the garlic cloves (save some for under the chicken skin). Drizzle the wine, water or stock over the veggie mixture.
3. In a small bowl, mix the olive oil, vinegar, salt and pepper.
4. Place the chicken pieces evenly over the veggies and rub the oil mixture into each piece of chicken. Do this over the veggies so that any extra flavourings drip into the dish.
5. Nestle the remainder garlic cloves under the skin of the chicken pieces. Place the rest of the basil and parsley leaves on top of the chicken.
6. Place a lid or tin foil over the prepared dish, place in the oven for 1 hour. After 1 hour, raise the oven temperature to 400°F, uncover the chicken, and baste with the juices from the bottom of the dish. Cook for another hour or until the chicken is golden brown and the veggies are fork tender.

**Serves 6**