## Braised Chicken Thighs with Tomato

鶏のトマト煮込み



- Ingredients (servings 2)
- 2 chicken thighs
- 1/2 tablespoon vegetable oil
- 1/2 onion
- 1 small carrot
- A pinch of salt and pepper
- 1 (14.5 oz.) can diced tomato (no salt added)
- 2 teaspoons salt
- 1 teaspoon sugar
- 1 tablespoon cooking sake
- 1 dried bay leaf

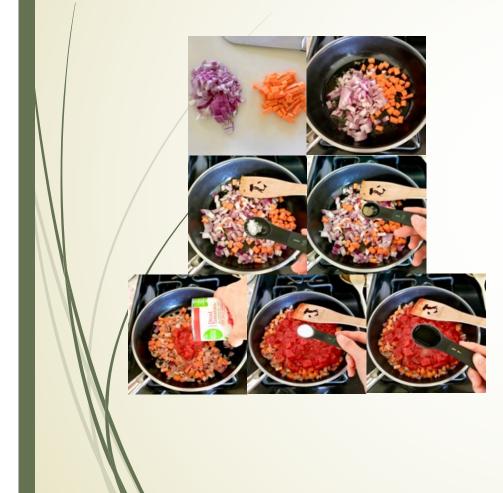
## Cook Chicken





Heat ½ tablespoon of vegetable oil in a pan and cook 2 chicken thighs over medium heat for 4 minutes. Flip the chicken and cook another 4 minutes. Set aside.

## Cook vegetables



Chop ½ onion and 1 small carrot and cook in the pan over medium heat for 3 minutes. Halfway, season with a pinch of salt and pepper. Add 1 can of diced tomato, 2 teaspoons of salt, 1 teaspoon of sugar and 1

tablespoon of cooking sake to the pan.

## Simmer



Nestle the chicken into the tomato sauce and add a bay leaf. Cook over low heat for 20 minutes with a cover. Halfway, flip the chicken occasionally.

