



# Braised Chicken Thighs with Tomato

鶏のトマト煮込み



▸ Ingredients (servings 2)

2 chicken thighs

½ tablespoon vegetable oil

½ 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  $\frac{1}{2}$  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  $\frac{1}{2}$  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.

