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**MetaBurn90 Day 4, Meal 3**

**Braised Chicken with Roasted Fingerling Potatoes**

Braising is a cooking method that combines both wet and dry heat, meaning you get to sear in the flavor of the chicken by pan-frying before finishing it again in a reduction of sherry vinegar and tomatoes. Roasted fingerling potatoes add even more depth and richness to this already flavorful dish.

Prep time: 10 min. Cook time: 40 min.

Serving size: 1 chicken thigh

Recipe yields 1 serving

**Ingredients**

3 oz. fingerling potatoes  
1 tbsp olive oil  
Salt to taste  
Pepper to taste  
4-oz. chicken thigh, bone and skin removed  
2 shallots, thinly sliced  
5 cloves of garlic, thinly sliced  
1/2 cup diced tomatoes  
1/4 cup chopped pimentos  
2 tbsp sherry vinegar  
2 tbsp sliced green olives  
1/4 cup chopped parsley

**Directions**

1. Preheat oven to 375 degrees F. Slice the fingerling potatoes in half lengthwise. Toss with olive oil and season with salt in a roasting pan, then bake for 25-30 minutes until tender.
2. Season the chicken thigh well with salt and pepper. Sear quickly on both sides to get some color, then set aside.

3. In the same pan, add the shallots and garlic. Sweat for a few minutes on medium-low, then deglaze the pan with sherry vinegar and add in the diced tomatoes and chopped pimientos.
4. Return the chicken thigh to the pan and bring the whole pan to a simmer. Reduce heat, cover, and let simmer for 25-30 minutes until the chicken is cooked through. Once the chicken is done, add the olives and parsley and serve with roasted potatoes.