



SWEET PISTACHIO CHICKEN

Serves 4

INGREDIENTS

60ml (1/4 cup) extra virgin olive oil
1 tablespoon thyme
1 teaspoon Celtic sea salt
Freshly ground black pepper, to taste
4 chicken breast fillets
2 garlic cloves, sliced
80ml (1/3 cup) apple cider vinegar
2 tablespoons rice malt syrup, or 6 drops stevia liquid
125ml (1/2 cup) chicken stock or filtered water
65g (1/2 cup) chopped pistachios

INSTRUCTIONS

- 1) Combine 1 tablespoon of the olive oil, thyme, salt and pepper in a bowl. Rub the mixture into the chicken
- 2) Heat 1 tablespoon of the oil in a heavy-based frying pan over medium heat and sauté' the garlic for 5 minutes. Add the chicken and cook for 15-20minutes, turning regularly.
- 3) Remove the chicken from the pan, set aside in a serving dish and keep warm.
- 4) Meanwhile, put the vinegar and remaining oil in a saucepan and cook for 1 minute, stirring constantly. Add the rice malt syrup or stevia and the stock to the pan and simmer for about 10 minutes, until the sauce starts to thicken. Add the pistachios and cook for 1 minute.
- 5) Pour the sauce over the chicken and serve.