



MORGENSTER

FOUNDED 1711



WINE AND OLIVE ESTATE

CHICKEN WITH BRINJALS AND TOMATO

RECIPE 38/98

What you will need:

60ml **Morgenster Extra Virgin Olive Oil**

1 red onion, finely diced

2 small brinjals, diced

500g chicken breast fillets, sliced into strips

salt and pepper

3 large plum tomatoes, peeled, seeded and diced

125ml chopped parsley

How to prepare:

Heat the olive oil in a pan and fry the onion and brinjals until the onion is soft and the brinjals begin to brown.

Transfer to a dish.

Season the chicken strips well with salt and pepper.

Brown them in the same pan, adding more olive oil if necessary.

Cover and cook over low heat for about 5 to 8 minutes, or until the chicken is tender.

Remove and cut into bite-sized chunks.

Return chicken and brinjals to the pan along with the tomatoes.

Add the parsley and check seasoning before serving.

Wine pairing suggestion:

Henry Kotze, Morgenster Wine Maker suggests pairing our Morgenster 2003 with this Morgenster Recipe.