

# Stewed chicken with prunes



Serves

4

Cooktime



30 min

## Ingredients

1 pound chicken breasts  
1 tbsp vegetable oil or butter  
0,5 pound prunes  
1 tsp salt  
1 tsp pepper

## Instructions

1. Clean the chicken breasts, remove the bones and skin if necessary. Cut the meat into small pieces.
2. In a large pan over a medium heat fry the chicken pieces in oil or butter until golden-brown.
3. Transfer to a pot, add enough water to just cover the chicken, add prunes, salt and pepper. Bring to boil, decrease heat to medium-low, and cook for 20 minutes, or until very done.
4. Serve with rice and fresh vegetable salad.