



★★★★★ Italian Chicken *sausage with fennel*

🍴 4 servings ⌚ 30 minutes

INGREDIENTS

4 ISERNIO'S Mild Italian Chicken Sausage
1 tsp EVOO
4 Garlic Cloves
1 Fennel Bulb
1 Pepper, [Red or Orange or Yellow]
1 c Cherry Tomatoes
1 tsp Italian Seasoning
Salt & Pepper to Taste
2 Tbls Tomato Paste
1/2 c Chicken Broth
4 Tbls Capers
Fresh Parsley for Garnish

DIRECTIONS

1. Slice off green stalks from fennel. Discard or save for garnish instead of parsley. Stand fennel, base down, on a cutting board. Slice vertically and cut the core off in a wedge fashion. Slice into thin strips and then separate fennel.
2. Place sausages in a pan, on medium to high heat. Sear and remove from the pan.
3. Turn the heat down to medium -low heat. Add evoo to the pan and scrape up brown bits from bottom of the pan. Then add in roughly crushed garlic for 30 seconds till aromatic, then add chopped fennel, sliced peppers, and tomatoes along with the seasonings. Stir frequently until tender, 5 to 6 minutes.
4. Stir in tomato paste, then pour in chicken broth. Ensure vegetables are coated. Submerge chicken sausage in sauce. Cover and simmer gently to blend flavours, about 10-15 minutes; or the internal temperature of the chicken is 165°F/74°C
5. Serve the sausage and vegetables topped with capers and fresh parsley or fronds

NOTES

This recipe can also be done on a sheet pan in the oven at 400°F/205°C for about 25 - 30 minutes or when the internal temperature is 165°F/74°C. Omit the chicken broth or use 1/4 of a cup.