

## *citrus-braised chicken breasts with capers*

4 120 g skinless chicken breasts  
olive oil cooking spray  
3 cloves garlic, minced  
1 small onion, sliced very thin  
2.5 ml cumin  
120 ml orange juice  
15 ml lemon juice  
5 ml orange zest  
freshly ground pepper  
10 ml capers

Rinse the chicken and pat dry. Heat a non-stick skillet and coat with cooking spray. Brown the chicken on both sides over medium high heat. Remove from pan. Reduce the heat and recoat with cooking spray. Add the garlic and stir until it begins to brown slightly. Add the onion and cook, stirring until it begins to brown. Stir in the cumin, citrus juices, orange zest and pepper. Add the chicken to the pan with the citrus sauce, cover and simmer for 10 minutes. Add the capers and recover. Simmer another 5-8 minutes, until chicken is tender. To serve, top each breast with some of the onion and capers with a tablespoon of citrus sauce.

**PAIR WITH** *Chrismont LA ZONA Arneis 2006*

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