

# Poulet au Poivrons Rouges

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This turned out to be the recipe of our 2025 camping trip to France. It is a bit tongue-in-cheek. When camping, we strive for one pot dinners and this was a development from what I like to call *confit peppers* cooked at home. This is really a confit of red peppers with chicken breasts. If you can get the wonderful fresh spring garlic, please do.

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## Planning

serves:	2
prep time:	5 mins
cooking time:	30 mins

## Ingredients

2 boned chicken breasts  
2 large sweet red peppers  
3 cloves garlic  
1 tbs capers  
olive oil

## Method

Halve the red peppers and remove the core and ribs. Cut the halves into half centimeter strips, then halve the strips lengthwise. Slice the garlic cloves, not too finely.

Heat a 28cm saute pan over moderate heat and pour in a good glug - say, a few tablespoons - of olive oil. Add the pepper strips and, stirring frequently fry them gently until they are just soft and glistening. Stir in the garlic and cook for a few more minutes. Try not to brown it at this stage 'cos it will continue cooking once the chicken is in.

If your chicken breasts still have their fillets attached, separate them. Season both the breasts and the fillets.

Push the pepper mixture to the edges of the pan and add the chicken breasts (not the fillets at this stage) to the middle of the pan. Brown the chicken on one side for 5 minutes. Turn the breasts over to brown the second side for another 5 minutes; at the same time add the chicken fillets. Half way through the second 5 minutes, flip the fillets over to cook their second side.

Remove the chicken to warmed serving plates. Stir the capers, with a little juice, into the pepper and garlic mixture *et voila*.