

# Mediterranean Chicken

PREP TIME: **20 MIN**

COOKING TIME: **40-50 MIN**

NO. OF SERVES: **4**



## Ingredients

- 4 chicken thighs trimmed (and skin removed)
- ¼ cup plain flour (\*use gluten free plain flour for those with coeliac disease)
- Pinch of salt and pepper
- 1 tsp Olive oil
- 1 carrot finely chopped
- 1 clove garlic finely chopped
- 1 onion sliced
- 1 red capsicum sliced
- 400ml tomato passata
- ¾ cup chicken stock
- ½ cup pitted olives
- ½ cup baby bocconcini
- Half a bunch of basil chopped
- Serving suggestion (\*not included in nutrition analysis): 2/3 cup rice or quinoa (cooked as per packet instructions)

## Nutrition Information (per serve)

<b>Energy</b>	2720 kJ (650 calories)
<b>Protein</b>	35g
<b>Total Fat</b>	15g
<b>Carbohydrates</b>	22g
<b>Saturated Fat</b>	6g
<b>Sugars</b>	10g
<b>Dietary Fibre</b>	5g
<b>Sodium</b>	608mg

## Method

- 1.** Coat chicken with flour, salt and pepper. Fry chicken in small amount of olive oil on high, turning for 3-4 minutes until golden. Remove from pan.
- 2.** Next fry onion, garlic, carrot and capsicum in a fry pan for 3-4 minutes until soft. Re- add chicken and cover with passata and chicken stock.
- 3.** Bring to boil and reduce heat to simmer for 30-40minutes until sauce has thickened and chicken is cooked. In the last 5 minutes of cooking stir though olives, bocconcini and basil.
- 4.** Divide into four portions and serve with rice or quinoa.