Mediterranean chicken

Preparation time

20 minutes

Cooking time

40-50 minutes

Serves

4

Recipe courtesy of

The Dietitians Australia Victorian Engagement and Development Committee



Ingredients Method Nutrition

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)

1. Coat chicken with gluten free 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 through olives, bocconcini and basil.
4. Divide into 4 portions and serve with rice or quinoa.

Nutritional information is provided per serve

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