FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Mediterranean Chicken Casserole



Serves	Prep Time	Cooking	Total Time	Calories
4 people	**15 minutes**	**40 minutes**	**55 minutes**	**580 kcal**

Stuff that's in it:

• 600G Chicken Leg Portions

• 600G Chicken Breast With Skin On (Or Add Thigh)

• 1 Pepper (Chopped)

• Handful Baby Plum Tomatoes (Chopped)

• 6 Garlic Cloves (Sliced)

• 15 Ml Red Wine Vinegar

• 100G Greek Olives (Lemon And Garlic Flavour)

• 85G Sun Dried Tomatoes

• 250Ml Chicken Stock

• 3 Fresh Thyme (Sprigs)

What you do:

Pre heat your oven to 170c (fan)

Heat and oven proof casserole dish with a lid , add the chicken skin side down and fry for around 5 minutes until golden , turn over and fry for a couple of minutes before removing

Add the peppers and garlic and tomatoes to the pan and gently fry for a few minutes. Add some red wine vinegar.

Add the chicken back then add the olives and sundried tomatoes. Add the stock and top with the thyme , place the lid on and cook for around 30 minutes until piping hot and cooked all the way through.

Serve with fluffy mash as we did or rice

Serves 4 (calories will be lower if skin/bones removed before eating)

Nutrition info per portion approx

Carbs 14g, fat 26g, sat fat 6g, fibre 4g,

protein 54g

Calories 580

Nutrition

• Carbs: 14g

• Fat: 26g

• Protein: 54g

• Fibre: 4g

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