

# Mediterranean Chicken Casserole



| Serves          | Prep Time         | Cooking           | Total Time        | Calories        |
|-----------------|-------------------|-------------------|-------------------|-----------------|
| <b>4 people</b> | <b>15 minutes</b> | <b>40 minutes</b> | <b>55 minutes</b> | <b>580 kcal</b> |

### 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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