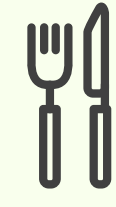




Clean Eating

THROW TOGETHER CHICKEN CACCIATORE



4-6 servings

INGREDIENTS

- 1 can (400 ml) of diced tomatoes
- 2 tbsp tomato paste
- 1 clove of garlic, minced
- 1 tbsp dried rosemary
- 4 tsp dried Italian herbs
- 4-6 organic chicken thighs
- ½ cup cherry tomatoes
- ½ cup black olives, pitted
- 1-2 potatoes, cubed (optional)
- 2 tbsp extra virgin olive oil
- ½ a lemon
- Salt and pepper
- Greens to serve

DIRECTIONS

- Preheat oven to 200°C
- In an oven-proof dish of any size, empty tinned tomatoes. Add in tomato paste, garlic, rosemary and 3 tsp of the Italian herbs. Mix together in the oven-proof dish.
- Place chicken thighs on top of the tomato mixture, followed by cherry tomatoes, olives and cubed potato, if using.
- Drizzle with olive oil and squeeze over the juice of half a lemon.
- Sprinkle with a pinch of salt and pepper and place into the oven to bake for 30 minutes or until chicken and potatoes are cooked through.
- Serve with lightly steamed greens.

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CREDIT: Rachel Morrow foodmatters.com