



The Gathered Green

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EASY ONE-PAN MEDITERRANEAN CHICKEN

Thank you to lexisdeankitchen.com for the inspiration towards this recipe, and for the picture.

Serves 4

Ingredients

- 1 tablespoon melted coconut oil (or olive oil)
- 2 garlic cloves, crushed
- 1 medium sized egg-plant, cubed
- 1 medium sized onion, sliced
- 500 grams free-range chicken breast, diced.
- 1 medium sized red capsicum, deseeded and sliced into strips
- 1 bunch silverbeet, chopped well
- 1 can organic crushed tomatoes
- 1 tablespoon mixed herbs
- ¼ teaspoon chilli flakes (optional)
- 1 tablespoon fresh chopped basil
- Salt flakes and ground pepper to taste





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Method

In a sauté pan, heat oil and garlic on medium high heat.

Add sliced onion, eggplant and let cook for 5 minutes, stirring often until onions are translucent and eggplant is somewhat soft.

Add chicken and capsicum to pan and cook for 5-7 minutes until cooked through.

Add fresh silverbeet, mix in and let cook until silverbeet wilts.

Add in diced tomatoes, fresh basil and seasoning.

Mix and let simmer for 7 to 10 minutes.

Add salt and pepper to taste and adjust spices as desired.

Serve with cooked quinoa or boiled rice.

Enjoy!

Jane

