

Recipe created by Roberta Asher
(chef & dietitian)



Serves: 8 (½ cup per serve)

Time to prepare: 30 mins

Time to cook: 30 – 45 mins

Hands on time: 35 mins

Freeze: Yes

Ingredients

1 brown onion

2 cloves garlic

500g skinless and boneless chicken thighs

Pepper

1 tablespoon extra-virgin olive oil

1 tablespoons paprika

250ml salt- reduced chicken stock

1 x 400g cans diced tomatoes

100g roasted red peppers (jarred), drained

50g pimento stuffed olives, drained

60 ml water

NUTRITION INFORMATION

Per ½ cup serve

Energy	530 kJ / 125 cal
Protein	11.5 g
Carbohydrate	5.6 g
Dietary Fibre	2.0 g



Method

1. Preheat fan-forced oven to 180°C.

PREPARE

2. Remove the skin and cut the ends from the **onion** and discard. Chop the remaining onion finely.
3. Remove and discard the skin of the **garlic**. Then crush using a garlic crusher or finely mince on a handheld grater.
4. Trim the fat off the **chicken** thighs spread out on a plate or tray and sprinkle with **pepper** on both sides.

COOK

5. Heat half of the **oil** in a large frying pan over a medium- high heat.
6. Add **chicken** thighs to pan and brown on both sides, then place in a deep baking dish.
7. Add the **remaining oil** to the pan, add the **onions** and **garlic** and cook until the onions soften. If the onions start sticking or look a little dry carefully add a small amount of the **chicken stock**.
8. Add **paprika** to the pan, stir over the heat for about 30 seconds or until you start to smell the paprika.
9. Add the remaining **chicken stock**, allow the stock to come to the boil scraping any brown bits from the bottom of the pan - these will give the dish extra flavor.
10. Pour the **stock** and **onions** evenly over the **chicken thighs**.
11. Drain the **roast peppers** and discard the liquid. Tear the peppers into strips with your fingers and scatter over the chicken.
12. Over the sink, use a colander to drain the **olives**, discarding the liquid. Scatter the olives over the chicken.
13. Pour the **canned tomatoes** over the chicken. Rinse the can out with the water and pour this in as well.
14. Gently stir to mix it all together and return the tray to the oven.
15. Place in a 180°C oven and cook uncovered for 30 minutes. The mix should bubble in the middle. Continue to cook it until you see it bubble in the middle.
16. Check that the chicken is well cooked by inserting a knife into the thickest part of the biggest thigh. Ensure that no pink undercooked chicken remains. If needed, continue to simmer until the chicken is cooked through.
17. If you are cooking a family dinner remove the family portions now. Ensure you divide the chicken pieces and sauce evenly. Blend the remaining chicken and sauce until smooth using a blender or hand-held blender.

Safety tip: Be very careful when pureeing hot food as the steam can cause the food to spray everywhere! Before blending let the food cool down so that steam is no longer rising from it. Do not fill the jug or bowl more than halfway. Start the blender or hand-held blender on the lowest setting possible. If you are using a blender remove the small insert in the top of the lid and place a clean folded tea towel over the remaining hole in the lid to stop the puree from spraying out. If you are using a hand-held blender with a jug you can place folded tea towel over the opening at the top of the jug to stop the puree from spraying out.

Tip for you: This recipe can be adapted for days 30-60 "Getting back some lumps and crunch" by cutting the chicken into dice size pieces (1.5cm x 1.5cm), cutting the olives in half and skipping step 17.

Tip for the family: This recipe can feed you and your family. At Step 16 simply scoop out a portion for yourself and puree as per instructions. Your serve should have about 40 g of chicken (1/2 chicken thigh) and 90 ml of sauce. Then to feed the family serve the remaining unpureed chicken with ½ a cup of steamed cous cous and a side of steamed green vegetables. The cous cous will soak up all the delicious juices.



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