

Mediterranean Chicken Bake



PREP TIME: 15 minutes
COOK TIME: 50 minutes
SERVES: 6

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 700g chicken breast fillets
- 1 red onion
- 400g can diced tomatoes
- 2 red capsicums
- 1/2 cup kalamata olives
- 1/2 cup sundried tomatoes
- 4 cloves garlic
- 2 tablespoons mixed dried herbs
- 1/4 cup dry white wine
- 2 tablespoons balsamic vinegar
- 3/4 cup reduced fat feta
- Green salad
- Crusty bread

INSTRUCTIONS

- 1:** Preheat oven to 180 degrees Celsius.
- 2:** Chop chicken in to large chunks, cut onion into wedges, roughly chop capsicum, roughly chop olives, drain and chop sundried tomatoes and crush your garlic
In a baking dish, combine all ingredients except the feta and mix well.
- 3:** Cover the baking dish with foil and bake in the oven for about 50 minutes, until the chicken is cooked through and tender, and the sauce has thickened slightly.
- 4:** Divide the chicken onto 4 plates and crumble feta cheese on top.
- 5:** Serve hot with crusty bread and salad.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.