

# One dish wonder Mediterranean chicken bake

SERVES



4 people

COOKING TIME



1 hour 5 minutes

Vegetables: 3 ½

Dairy: ½

Lean meat/alternatives: 1 ½

Grains: 1



Food group servings per portion

## Ingredients:

- 1 tablespoon extra-virgin olive oil
- 700g chicken breast fillets, cut into large chunks
- 1 red onion, cut into wedges
- 400g can diced tomatoes
- 2 red capsicums, deseeded and roughly chopped
- ½ cup deseeded kalamata olives, roughly chopped
- ½ cup drained sundried tomatoes, roughly chopped
- 4 garlic cloves, peeled and crushed
- 2 tablespoons mixed dried herbs
- ¼ cup dry white wine
- 2 tablespoons balsamic vinegar
- ¾ cup reduced fat feta cheese, crumbled
- Green salad and crusty bread, to serve



## Products used:



3L Thermoglass™

## Method:

1. Preheat oven to 180 degrees Celsius. In a 3L Décor Thermoglass® baking dish, combine all ingredients except the feta and mix well.
2. Cover the Thermoglass® 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.
3. Divide the chicken onto 4 plates and top with crumbled feta cheese. Serve hot with crusty bread and salad.

## Tips:

*To store leftovers in fridge or freezer, apply the Thermoglass® lid for a leak-proof and airtight seal. To reheat leftovers later in the microwave pop open the lid steam release vent button and microwave reheat.*



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