

Spanish Baked Chicken

CAL: 325 PROTEIN: 18 CARBS: 34 FIBRE: 11 FAT: 13



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SERVES:

4



TIME:

50 minutes



INSTRUCTIONS

Preheat the oven to 200°C/400°F/Gas Mark 6.

Place potatoes, garlic, bell pepper and stock in an ovenproof dish. Making sure the veggies are submerged a little in the broth. Cook for 15 minutes.

Meanwhile, prepare the chicken by rubbing each breast with olive oil, paprika and oregano. Place chicken and chorizo on top of the vegetables and cook for an additional 25 minutes or until chicken is fully cooked. (check by making a small incision).

Scatter olives all around, season with salt & pepper and serve on two plates.

INGREDIENTS

350g potato cut into wedges

3 cloves garlic, whole

1 green bell pepper, cut into chunks

125ml chicken stock

280g chicken breast-skinless

75g chorizo

1 tsp olive oil

1/2 tsp sweet smoked paprika

1/2 tsp dried oregano

60g green olives

Flaked sea salt & cracked pepper

MACROS

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