

15-minute Greek Chicken



Ballarat Health Services

Ingredients

4 chicken breast minute steaks
2 tablespoons extra virgin olive oil
2 brown onions, finely diced
2 garlic cloves, crushed
2 teaspoons dried oregano
700g tomato passata
250g cherry tomatoes
3/4 cup mixed olives
30g Greek fetta, crumbled
Fresh oregano and basil leaves, to serve
4 warmed wholemeal pita pocket breads, to serve



Method

Step 1 Season both sides of the chicken with pepper.

Step 2 Heat 1/2 the oil in a large, deep frying pan over high heat. Add chicken. Cook for about 45 seconds each side or until browned and just cooked through. Transfer to a plate.

Step 3 Add remaining oil to pan. Reduce heat to medium-high. Add the onion, garlic and dried oregano. Cook, stirring, for 2 minutes 30 seconds. Add passata, tomatoes and olives. Bring to a simmer. Cook for 5 minutes, stirring occasionally. Season with pepper.

Step 4 Return chicken to pan. Cook for 1 to 2 minutes or until chicken is heated through. Sprinkle with feta. Top with fresh oregano and basil. Serve with warmed wholemeal pita bread

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Source: www.taste.com.au