



Mediterranean Chicken

Serves 5 bariatric portions – Prep time: 10 mins Cook time: 20 mins

Ingredients

- 500g Chicken thighs, or breast if preferred
- 1 tsp Olive oil
- 1 small Onion, finely diced
- 2 Garlic cloves, minced
- 1 can Diced tomatoes (400g)
- 60g Kalamata olives, pitted & halved
- 1 Tbsp Capers, rinsed
- ½ tsp Dried oregano (or Italian herbs)
- ½ tsp Salt
- ½ tsp Black pepper
- Fresh parsley or basil, chopped (for garnish)

Directions

Cook chicken – Heat olive oil in a non-stick pan over medium heat. Season chicken with a little salt and pepper, then sear 2–3 minutes per side until golden and then reduce heat continue cooking till cooked through. Transfer to a plate.

Make sauce – In the same pan, sauté onion and garlic 2–3 minutes until softened. Add diced tomatoes, olives, capers, oregano, and remaining salt and pepper. Simmer 5 minutes to thicken.

Combine – Return chicken to the pan, coat with sauce, and simmer gently for 2 minutes.

Serve – Garnish with fresh herbs and serve warm.

Approx per serve	
Protein	28g

