

BAKED CHICKEN PROVENÇAL



INGREDIENTS

- Serves 6–8
- 2kg chicken drumsticks or chicken pieces
- 3–4 garlic cloves, finely sliced
- 140g pitted kalamata or black olives (preservative free), sliced
- 1 x 400g tin chopped organic tomatoes
- 3 Tbsp olive oil
- 3 tsp fresh thyme leaves, or 1 tsp dried thyme
- fine sea salt and freshly ground black pepper, to taste
- 100g feta cheese (optional)

GLUTEN FREE, GRAIN FREE, DAIRY FREE, EGG FREE, NUT FREE, GAPSTM | VARIATIONS: LOW FODMAPS

On days when I can't be bothered cooking and I just need to get a meal on the table without too much effort, this is what I make. It takes less than 5 minutes to prepare and I can get on to other things while it cooks. A favourite meal in our family!

METHOD

Preheat oven to 200°C.

Place chicken on a large baking tray. Add garlic slices and olives, tucking them under and between chicken pieces, then pour tinned tomatoes over the top of the chicken.

Drizzle with olive oil, sprinkle with thyme and season with salt and pepper.

Place in oven and roast until the chicken is cooked through and browned, about 1 hour, depending on the size of the pieces.

Remove from oven and top with crumbled feta if desired.

Variations

No olives: Swap olives for 3 Tbsp capers or some anchovy fillets, or omit.

Low FODMAPS: Omit garlic, use garlic-infused olive oil in place of olive oil.

Cheese & spinach: (Also known as 'Chicken Provençal a la Joye' as it's my sister Joye's variation!) Cover baking tray and bake for 30 minutes at 200°C, then remove cover. Sprinkle over 100g baby spinach leaves and 1 cup grated cheddar cheese. Return to the oven and bake at 180°C for 1 hour.

Serving suggestion

Serve with mixed leafy greens drizzled with olive oil or a vinaigrette dressing.

Storage

Store in the fridge for up to 3 days, or freeze for up to 1 month.

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Recipe by Jo Whitton of
Quirky Cooking.
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