

MEDITERRANEAN CHICKEN

Serves 4

Ingredients

4 boneless chicken thighs
1 can of chopped tomatoes
1 cup of passata
2 tsp of crushed garlic
2 tsp of dried oregano
2 tbsp of olive oil
1/4 cup of capers
Red wine
Salt and pepper

Method

Preheat oven to 220 degrees

In a large bowl, combine chopped tomatoes, passata, crushed garlic, oregano, olive oil, capers, a splash of red wine and some salt and pepper. Stir with a spoon to combine.

In a large oven dish, place each chicken thigh in the dish. Pour over the tomato sauce mixture, ensuring the chicken is fully covered.

Bake in the oven for 40-50 minutes or until chicken is cooked through. Serve with wedges and fried vegetables.