

Spanish Chicken

Serves: 2

Prep time: 10 minutes

Cook time: 20 minutes



3 serves per portion

Ingredients

1 teaspoon smoked paprika
1 teaspoon harissa paste
2 garlic cloves, thinly sliced
1 tablespoon lemon juice
4 chicken tenderloins
1 tablespoon olive oil
½ cup green beans, chopped
400g can cannellini beans, drained and rinsed
1 small zucchini, sliced
¼ cup green olives, pitted and halved
400g can cherry tomatoes or chopped tomato
Chopped parsley to serve

Method

COMBINE the paprika, harissa, garlic and lemon juice in a bowl then add the chicken tenderloins and toss to coat.

HEAT a large frypan over medium heat and add oil once hot. Add the chicken and cook for 2 minutes each side or until browned. Remove from pan and set aside.

ADD remaining ingredients (except parsley), cover with lid and simmer for 10 minutes or until the vegetables are just tender.

REMOVE lid and stir the chicken through the vegetables. Cook for a further 5 minutes until chicken is cooked through.

DIVIDE chicken and vegetables among two serving plates and top with chopped parsley.

SERVE with crusty bread or brown rice.



Everyday Food

Recipe courtesy of the Country Kitchens team