



CHICKEN casserole



HEALTHYFOOD
STUDIO

INGREDIENTS

8	Chicken thighs, skinless
1 cup	Quinoa or brown rice
1	Onion, finely chopped
1	Yellow pepper, chopped into blocks
2	Garlic cloves, crushed
1 tin	Chopped tomatoes with no added salt or sugar
12	Black olives, halved
1 tsp	Dried oregano
150 ml	Homemade or low sodium chicken stock
1	Orange, zest and juice
5 sprigs	Parsley, finely chopped
Pinch	Salt

METHOD

- 01 Preheat the oven to 180°C.
- 02 In a large casserole dish, spread the raw quinoa or rice on the bottom.
- 03 Season the chicken thighs lightly and place on top of the rice or quinoa.
- 05 Top with the vegetables, olives and oregano and pour over the stock, orange juice and zest.
- 06 Cover and bake for about 30 to 40 minutes if using quinoa and up to 1 hour for brown rice. Remove the lid and bake uncovered for the last 10 to 15 minutes, unless the casserole is already dry.
- 07 Sprinkle with chopped parsley and serve.