



HEALTHYFOOD  
STUDIO

# Mediterranean CHICKEN & QUINOA CASSEROLE

## 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 tomatoes, chopped
12	Black olives, halved
1 tsp	Dried oregano
150ml	Homemade, free range 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 at the bottom.
- 03** Season the chicken thighs lightly and place on top of the rice or quinoa.
- 04** Top with the vegetables, olives and oregano and pour over the stock, orange juice and zest.
- 05** Cover and bake for about 30 to 40 minutes for quinoa and up to 1 hour for brown rice. Remove the lid and bake open for the last 10 to 15 minutes, unless the casserole is already dry.
- 06** Sprinkle with chopped parsley and serve.

COOKING

1H

PREP

20  
MIN

SERVES

4-6

Discovery  
Vitality



WOOLWORTHS