

Mediterranean tomato chicken



Ingredients:

4 ripe tomatoes
1 tsp ghee or coconut oil
500g fresh chicken breast,
diced salt and pepper to
season
1 red onion, sliced
100g courgette, sliced
2 bell peppers (any colour),
seeds removed and cut into
strips

2 tsps dried thyme
1-2 tsps cayenne pepper
a pinch of dried chilli flakes (optional)
1 tsp garlic powder
2 tbsps tomato purée
40g olives (any colour)

Serves 3

Per serving: 383 calories 11g fat 16g carbs 55g protein

Cooking instructions

Place the tomatoes in a large saucepan. Cover them with boiled water from a kettle.

After 5 minutes, drain the tomatoes and immerse thoroughly in cold water. Carefully peel the skins and discard.

Place the tomatoes in a bowl and mash thoroughly.

Melt the ghee / oil in a frying pan over a medium heat. Add the chicken and stir well to coat thoroughly in the ghee / oil. Season with a pinch of salt and black pepper and stir. Add the onion, peppers and courgette and stir well. Add the dried thyme and stir. Add the mashed tomatoes and cayenne pepper and stir.

Cook for 10 minutes, stirring occasionally.

Add the chilli flakes (if using), the garlic powder and tomato purée.

Stir and cook for 5 minutes. Stir in the olives and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

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