



## MEDITERRANEAN CHICKEN BAKE

### Ingredients:

8-12 pieces chicken (thighs or legs are best)  
2 onions, diced  
4 garlic cloves, finely chopped  
1 tablespoon extra virgin olive oil  
1 tablespoon capers or caperberries (or to your liking)  
½ cup pitted black olives  
440g Italian diced tomatoes  
8-10 springs fresh thyme  
Extra virgin olive oil  
Fresh cracked pepper

Preheat oven to 180 degrees.

Heat EVOO in frypan on medium heat and add onion and garlic and cook until soft. Place into a large baking tray.

Place on top of the onion and garlic – the capers/caperberries, olives and Italian diced tomatoes.

Brown off the chicken pieces in a little EVOO on medium heat – then place on top of the mixture in the baking tray.

Scatter the fresh thyme and drizzle with EVOO and sprinkle some cracked pepper.

Bake for approx. 1hr or until chicken pieces are cooked through.

Serve with SMASHED POTATOES.

Parboil or steam some potatoes – then smash with a meat tenderiser – place into a baking dish, sprinkle with some seasalt and drizzle a little EVOO – bake until potatoes crisp and brown up to your liking