



## Grilled Sage Chicken

with Pepperonata



20-30min



2 Portions

It's not called a Mediterranean diet for nothing. The food from sunny southern Europe sings with flavour but is light and healthy, like this gorgeous weeknight meal complete with grilled chicken infused with fragrant sage and tri-colour capsicums laced with balsamic oregano. The best part? It's quick and easy to whip up, too.

## What we send

- onion
- free-range chicken breast
- green capsicum, red capsicum, yellow capsicum, roma tomato
- sage, garlic cloves
- dried oregano

## What you'll require

- balsamic vinegar <sup>17</sup>
- olive oil
- sea salt and pepper

## Utensils

- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 470kcal, Fat 25.5g, Carbs 19.3g, Proteins 36.2g



### 1. Marinate chicken

Place your hand on top of the **chicken** and carefully slice in half through the middle. Cut into 3cm-wide strips. Pick **sage** leaves. Reserve 1 sage leaf for each chicken strip and finely chop remaining sage. Finely chop the **garlic**. Put chopped sage and half the garlic, **1 tbs oil** and the chicken in a bowl. Season with **salt and pepper** and stir until well coated.



### 2. Prepare ingredients

Thinly slice the **onion**. Cut the **green, red and yellow capsicums** into thin strips, discarding the seeds and membrane. Coarsely chop the **tomato**.



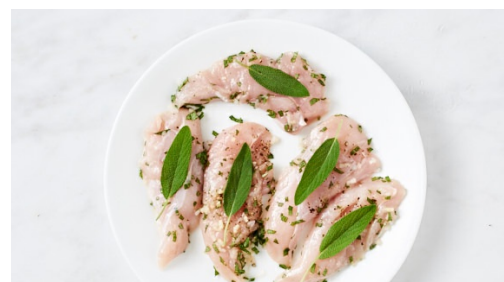
### 3. Cook onions

Heat the **remaining 1 tbs oil** in a large frypan over medium-high heat. Add the **onion** and cook, stirring regularly, for 3 mins or until starting to soften.



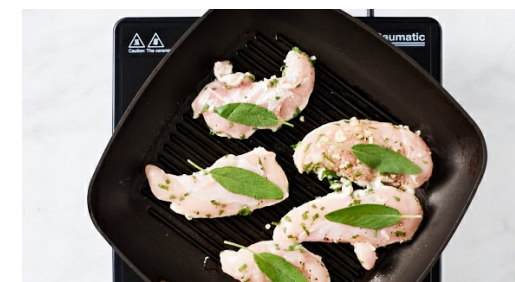
### 4. Cook pepperonata

Add the **capsicum** and **remaining garlic** to the pan and cook, stirring occasionally, for 3 mins or until the capsicum starts to soften. Add the **tomato, oregano** and **vinegar** and cook for a further 12 mins or until the tomato has broken down and the capsicum is soft. Season with **salt and pepper**.



### 5. Prepare chicken

Meanwhile, heat a chargrill pan or frypan over medium-high heat. Lay the **chicken** out on a plate and press one reserved **sage** leaf onto each piece.



### 6. Cook chicken

Cook the **chicken** for 3-4 mins each side or until cooked through. Remove from the pan and set aside to rest for 3 mins. Divide the **chicken** and **pepperonata** among plates to serve.