

## Mediterranean Chicken

<p>8 chicken thighs boneless and skinless          35 gr black olives          1 passata          1 red pepper          1 courgette          ½ aubergine          ½ butternut squash          2 large carrots          1 onion          chives          dill          2 tbsps. honey          1 clementine or kumquats or orange          1 vegetable stock cube</p>	<p>Place chicken thighs in an ovenproof dish with the stock cube, diced onion and chopped herbs. Add chopped or sliced courgettes, pepper, aubergine and carrots, add the passata, the clementine or kumquats and seasoning. Cover with foil and cook for about 35 minutes 180°C Gas 5. Remove from oven, stir and turn chicken thighs over. Return to oven for a further 15 to 20 minutes. If you have a meat thermometer the chicken is cooked when it reaches 70°C. Add the black olives and stir. Check for seasoning, if necessary, add a little cornflour to thicken sauce. Serve with rice, pasta or couscous.</p> <p>I developed this recipe for the NHS frontline staff. You could use cooked chicken rather than chicken thighs.</p>
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