

Leek, tomato & chicken casserole



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Preparation: about 20 minutes
Cooking: about 1 hour 10 minutes
Serves: 4

2 tbs olive oil
1.5kg chicken, cut into 8 pieces
2 leeks, trimmed, halved and thinly sliced
2 garlic cloves, crushed
½ cup dry white wine
400g can diced tomatoes
250g large ripe cherry tomatoes, halved
⅓ cup black olives
⅓ cup flat-leaf parsley, chopped
1 tbs lemon juice
Salt and ground black pepper
Mashed potatoes or crusty bread, to serve

1. Heat oil in a large deep frying pan over medium-high heat. Cook chicken, in 2 batches, turning often, until evenly browned. Transfer to a plate.
2. Add leeks to pan and cook, stirring often, over medium heat for 4-5 minutes until tender. Add garlic and cook for 1 minute. Add wine and cook for 2 minutes. Add chicken, canned tomatoes, cherry tomatoes and olives. Stir to combine. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 30 minutes. Remove lid and simmer, stirring occasionally, for 15-20 minutes until chicken is cooked through.
3. Stir in parsley and lemon juice. Season with salt and pepper to taste. Serve with mashed potatoes or crusty bread.



Leeks

- The green parts of the leek are a source of several members of the carotenoid family, including beta carotene which functions in the body as an antioxidant.
- Leeks are also a good source of vitamin C, one of the antioxidant vitamins needed to preserve healthy membranes around every body cell.