

Tomato, fennel & chicken one-pan dinner



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Preparation 25 mins | Cooking 35 mins | Serves 4

2 tbs olive oil
500g free-range chicken breast fillets, cut into bite-sized pieces
1 red onion, finely chopped
2 garlic cloves, finely chopped
1 chorizo sausage, thinly sliced
1 bulb fennel, halved and thinly sliced
300g eggplant, trimmed and roughly chopped
1 yellow capsicum, trimmed, halved, deseeded and cut into strips
400g can crushed tomatoes
250g cherry tomatoes, halved
½ cup basil leaves

Couscous or rice, to serve

STEP 1 Heat oil in a large deep non-stick frying pan over medium heat. Add chicken and cook, tossing often, to seal. Transfer to a plate. Add onion and garlic to pan and cook, stirring often, for 3-4 minutes until tender. Add chorizo and fennel and cook for 3-4 minutes until chorizo is golden. Add eggplant and capsicum and cook, stirring often, for 4-5 minutes until vegetables soften.

STEP 2 Stir in crushed tomatoes. Cover and bring to the boil. Add chicken and cherry tomatoes. Reduce heat, cover and simmer for 12-15 minutes or until chicken is almost cooked through. Uncover and cook for 5 minutes or until sauce has reduced. Season with salt and pepper to taste. Toss through basil leaves. Serve with couscous or rice.

Good for you... *FENNEL*

A good source of dietary fibre, which helps the intestine function normally and also vitamin C, a vitamin that contributes to the function of the body's normal immune system. Fennel has virtually no fat and few kilojoules so is a useful food for those trying to control weight. A source of potassium.

