

HEALTHY COOKING

MOROCCAN STYLE CHICKEN CASSEROLE

SERVES 5

INGREDIENTS

- ▶ 600g chicken breast, skin removed, cubed
- ▶ 1 Tbs olive or coconut oil
- ▶ 100g eggplant, diced
- ▶ 300g capsicum, diced
- ▶ ½ onion, thinly sliced
- ▶ 4 cloves garlic, crushed
- ▶ 1 tsp cumin
- ▶ 2 Tbs paprika
- ▶ 1 Tbs turmeric
- ▶ ½ cup tomato salsa
- ▶ 100g grated hard cheese



Add oil and chicken to heated pan and cook until browned. Stir in all seasonings and eggplant and cook until chicken is cooked through. Add onion and capsicum, stir through. Put chicken mix into a casserole dish, spread salsa evenly on top and then sprinkle with cheese. Put in pre-heated grill until cheese is melted and browned.

Serve with basic side salad and basic salad dressing (find these recipes on our website) – not included in nutritional analysis.

Each serving:

Protein: 29g | Carbohydrate: 5g | Oil: 3ml

Tip: Freeze any leftovers for a quick, healthy “frozen dinner” when you’re tight on time.