

ITALIAN OLIVE AND HERB CHICKEN



QUICK

Less than 10 mins
prep time

HEALTHY

Olives are high in monounsaturated fat, which can help lower cholesterol, decrease blood pressure and lower the risk the heart disease. **EAT MORE OLIVES!**

FAMILY



Feeds 5

MEALS

Delicious served with a
salad and rice

INGREDIENTS

- 8 pieces chicken
- 4.5 tbs cider vinegar
- 200g olives
- 2 cloves garlic - minced
- 1 tbs olive oil
- 1 tbs Dijon mustard
- 2.5 tbs dried mixed herbs
- ½ tsp salt
- 8 grinds black pepper

METHOD

1. Make the marinade... In a jar mix the vinegar, garlic cloves, olive oil, mustard, dried mixed herbs, and salt & pepper
2. Put the lid on and give it a good shake
3. Put the chicken pieces in a big bowl and pour over the marinade
4. Give it a good mix
5. Cover and leave in the fridge until needed. The longer you leave it, the deeper the flavour (Ideally a few hours or overnight but you can cook it straight away if you need)
6. When ready to cook, lay the pieces in a single layer on a tray
7. Roast for 30 mins at 180°C (Fan oven) or until cooked
8. Decorate with the olives and serve
9. Serve and enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com