



Cook time: 15 mins

Serves: 4

Prep time: 15 mins

# Chicken with Stewed Tomatoes

## Ingredients

- 1 (410g) can tomatoes (low salt variety preferred)
- 1 chicken breast (300g), cut into pieces
- 2 tsp canola oil\*
- 1 medium onion, roughly chopped
- 2 garlic cloves, roughly minced
- 1 capsicum (any colour), roughly chopped
- 1 large celery stick, chopped into small pieces
- 1 carrot, roughly chopped
- 1 cucumber, deseeded and diced
- 1 rosemary sprig or ½ tsp dried rosemary
- Chilli flakes or fresh chilli, to taste
- 3 cups brown rice, cooked\*

*\*Choose products with the Healthier Choice Symbol.*

## Method

- Coarsely chop tomatoes in can with knife.
- Pat chicken dry, then cut into bite size pieces.
- Heat 2 tsp of oil in a deep pan over medium-high heat, sauté onion and garlic over medium high heat for 30 seconds to 1 minute.
- Add chicken pieces, cook until chicken pieces brown.
- Add tomatoes, vegetables and rosemary. Stir to cover chicken, and simmer for 5–10 minutes, stirring once or twice.
- Serve with brown rice.

### Nutrition Information (Per Serving):

Energy: 355kcal

Protein: 20.3g

Total fat: 9.5g

Carbohydrates: 25.6g

Dietary fibre: 3g