

Garlic Chicken with Basil Ratatouille & Warm Herb Rolls

This a holy trinity of fantastic flavours. From the rich garlicky flavour of chicken breast to a warming basil ratatouille to perfectly warm herb rolls, you'll love every bite of this warming supper.



Prep: 10 mins Cook: 20 mins Total: 30 mins



level 1



nut free



eat me early

Pantry Items



Olive Oil



Free Range



Chicken Breast





Red Onion



Red Capsicum









Bake-At-Home Herb Rolls



QTY	Ingredients	
4-5 fillets	free range chicken breast	
1 tbs	olive oil *	
2 cloves	garlic, peeled & crushed	4
1	red onion, finely sliced	
1	red capsicum, cut into 2 cm chunks	
2	zucchini, cut into half moons	4
2 tins	diced tomatoes	
1 tbs	red wine vinegar *	
1 bunch	basil leaves, roughly chopped	
7	bake-at-home herb rolls	
1 block	fetta cheese, crumbled	

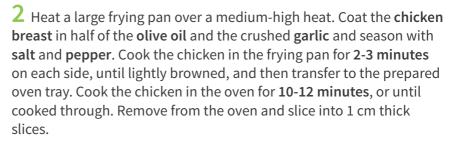
	Ingredient features in another recipe				
;	* Pantry Items				
	Pre-prepar	ration			
	Nutrition per serve				
	Energy	2170	Kj		
	Protein	48.8	g		
	Fat, total	20.1	g		
	-saturated	7.5	g		
	Carbohydrate	32.9	g		
	-sugars	8.3	g		

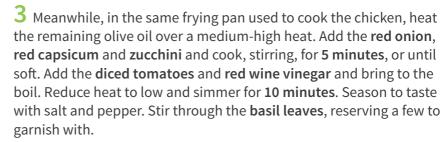
Sodium



You will need: chef's knife, chopping board, garlic crusher, large frying pan, tongs, medium bowl, baking paper lined oven tray and wooden spoon.







4 Meanwhile, place the **bake-at-home herb rolls** in the oven and bake for **5 minutes** until heated through.

5 To serve, divide the basil ratatouille between plates. Top with the crumbled **fetta cheese** and sliced chicken and serve with the crusty herb bread rolls.







Did you know? Due to its high acetic acid content, vinegar aids in the absorption of calcium (which is especially useful for those who are lactose intolerant!).