

# Chicken Cacciatore

Adapted from taste.com

Traffic light category: **Green**

Serves: 8 (250g per serve)

## Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 500g skinless chicken thighs, cut into thin strips
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 2 teaspoons dried rosemary
- 2 red capsicums, seeded and chopped
- 10 pitted black Kalamata olives
- 400g tin diced tomatoes, salt reduced
- 1 cup chicken stock, salt reduced
- 1 cup chopped mushrooms
- 1 cup instant couscous
- ¼ teaspoon chicken stock powder, salt reduced

## Method

1. Heat olive oil in a large fry pan over moderate heat, add onion, cook until lightly golden
2. Add chicken thighs and cook until just brown
3. Add garlic, dried oregano, dried rosemary and capsicum. Stir for 1-2 minutes or until just softened
4. Add olives, diced tomatoes, chicken stock and mushrooms. Bring to the boil, then reduce heat to low and simmer for 10-15 minutes, or until chicken is cooked right through
5. While chicken is cooking make couscous by adding couscous to a medium bowl with 1 cup of boiling water and stock, cover and stand for 5 minutes, fluff with a fork
6. Serve chicken with couscous.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	537kJ	217kJ
Protein	13.7g	5.5g
Total fat	5.0g	2.0g
Saturated fat	1.2g	0.4g
Carbohydrate	5.3g	2.1g
Sugars	4.9g	2.0g
Dietary fibre	2.8g	1.1g
Sodium	154mg	62mg



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