



EASY EGGPLANT, TOMATO & CHICKEN BAKE



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Preparation 20 mins | Cooking 25 mins | Serves 4

Olive oil, for pan-frying
350g eggplant, cut into ½cm thick slices
700g chicken tenderloins, trimmed
1 small red onion, finely chopped
2 garlic cloves, crushed
250g cherry tomatoes, halved
210g tub bocconcini cheese, drained and torn in half
Basil leaves and char-grilled bread, to serve

STEP 1 Preheat oven to 200°C/180°C fan-forced. Heat about ½cm oil in a large frying pan over medium heat. Cook eggplant, in 2 batches (add extra oil between batches if necessary), for 2-3 minutes until tender. Drain on paper towel. Set aside.

STEP 2 Heat 1 tbs oil in the frying pan. Add chicken and cook over medium-high heat for 2-3 minutes on each side until golden and almost cooked through. Transfer to a plate. Set aside.

STEP 3 Add onion and garlic to the pan and cook, stirring often, over medium-high heat for 3-4 minutes until softened. Add tomatoes and cook, stirring occasionally, for 2-3 minutes until softening. Set aside.

STEP 4 Arrange chicken in the base of a greased shallow 6-cup baking dish. Top with eggplant then the tomato mixture. Sprinkle with bocconcini. Bake for 12-15 minutes until cheese melts. Sprinkle with basil. Serve with char-grilled bread. Team with a crunchy green salad if liked.

Good for you... *EGGPLANT*

A good source of dietary fibre, which contributes to normal bowel function. A good source of vitamin B6 that plays a role in hundreds of biochemical reactions in the body, including contributing to energy metabolism. The purple skin is a rich source of antioxidants.



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