



GRILLED MEDITERRANEAN VEGETABLES WITH CHICKEN

WHAT YOU NEED

- 1 x aubergine
- 1 x shallot
- 1 x courgette
- 1 x red pepper
- 1 x yellow pepper
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- olive oil
- 1 chicken breast fillet
- Basic tomato sauce
- Salt and pepper



HOW TO MAKE IT

Heat the grill. Mix herbs and paprika into a small dish of olive oil with salt and pepper. Slice the vegetables, about 1 cm thick for courgettes and aubergine, and quarter the shallot. Arrange all vegetables on a grill tray and brush with the olive oil mixture. Grill until golden and then turn and grill on the other side.

Cut the chicken breast across into two thinner pieces. Grill (or fry) for 5-10 minutes on each side until just cooked through. Put a couple of tablespoons of tomato sauce on a plate, arrange the vegetables on top and finally the grilled chicken.

TIP 😊

You can use the grilled vegetables as a base for salmon, tuna or white fish, or steak, pork or lamb chops. Add chilli to the tomato sauce for extra heat. Use well-seasoned passata if you have no tomato sauce.

