

Spanish chicken with garden vegetables

Ingredients

1 tsp smoked paprika
1 tsp harissa paste
2 garlic cloves
1 tbsp fresh lemon juice
4 Chicken Tenderloins
125g green beans chopped
400g cannellini beans, rinsed and drained.
1 small zucchini
50g pitted Sicilian olives (or olives of choice)

400g can cherry tomatoes
1 tsp extra virgin olive oil
Fresh parsley sprigs to serve

Serves 2
10 min prep
15 min cook



HEAL

HEALTHY EASY ACCESSIBLE LOCAL

FOODS

Method

Combine paprika, harissa, garlic and lemon juice in a large sealable glass or plastic container. Add chicken and turn to coat.

Place the green beans, cannellini beans, zucchini, olives and tomatoes in another large sealable glass or plastic container.

Heat oil in a large frying pan. Add contents of chicken container. Cook for 2 minutes each side or until browned.

Add contents of veg container. Simmer for 10 minutes or until veg is just tender.

Divide chicken and veg mixture among serving plates. Top with parsley.

