



Courgette caponata with thyme & garlic chicken



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic clove thinly sliced
- ☐ 9 servings thyme sprigs leaves picked
- ☐ 2 tbsp olive oil
- ☐ 2 onion red finely sliced
- ☐ 3 celery stalks sliced
- ☐ 4 zucchini halved cut into chunks, on the diagonal
- ☐ 400 g canned tomatoes chopped canned

- ☐ 2 tsp caper
- ☐ 1 tbsp red wine vinegar
- ☐ 3 tbsp golden raisins
- ☐ 4 chicken breast skinless

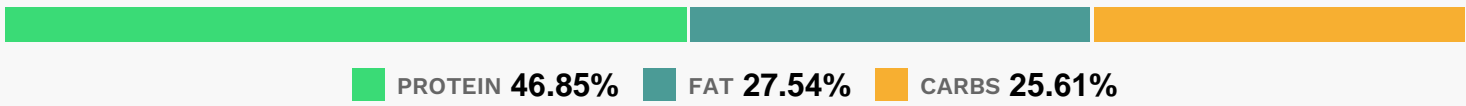
Equipment

- ☐ frying pan
- ☐ rolling pin

Directions

- ☐ Put one-quarter of the garlic, the thyme and some seasoning in 2 tsp of the olive oil and set aside.
- ☐ Heat the remaining oil in a pan. Tip in the onions and celery, and cook for around 10 mins until soft.
- ☐ Add the courgettes and the rest of the garlic, and fry for a few mins to soften.
- ☐ Add the tomatoes, can water, capers, vinegar, sultanas and seasoning. Gently simmer for around 20 mins until the juices have thickened and the vegetables are tender.
- ☐ Meanwhile, cut the chicken breasts in half to open up like a book.
- ☐ Place them between 2 layers of baking parchment and flatten a little by bashing gently with a rolling pin.
- ☐ Heat a griddle pan and rub the chicken with your flavoured oil, discarding the garlic. Cook for around 3 mins each side, or until cooked through you may have to do this in batches, depending on the size of your pan.
- ☐ Cut the chicken into strips and serve alongside the courgette caponata.

Nutrition Facts



Properties

Glycemic Index:60.92, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:35.788695470147%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 14.52mg, Quercetin: 14.52mg, Quercetin: 14.52mg, Quercetin: 14.52mg

Nutrients (% of daily need)

Calories: 448.92kcal (22.45%), Fat: 13.93g (21.44%), Saturated Fat: 2.51g (15.68%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 23.46g (8.53%), Sugar: 18.37g (20.41%), Cholesterol: 144.64mg (48.21%), Sodium: 444.63mg (19.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.34g (106.68%), Vitamin B3: 25.95mg (129.74%), Vitamin B6: 2.31mg (115.6%), Selenium: 74.12µg (105.88%), Vitamin C: 56.12mg (68.02%), Phosphorus: 618.06mg (61.81%), Potassium: 1840.44mg (52.58%), Vitamin B5: 4.02mg (40.16%), Manganese: 0.76mg (38.19%), Magnesium: 128.64mg (32.16%), Vitamin B2: 0.52mg (30.33%), Fiber: 5.7g (22.81%), Vitamin B1: 0.34mg (22.8%), Copper: 0.44mg (21.84%), Folate: 82.28µg (20.57%), Iron: 3.7mg (20.56%), Vitamin E: 2.97mg (19.78%), Vitamin K: 20.18µg (19.22%), Zinc: 2.42mg (16.14%), Vitamin A: 797.92IU (15.96%), Calcium: 111.71mg (11.17%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)