



## ITALIAN STYLE CHICKEN

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Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
260 kcal  
10g Fats  
16g Carbs  
28g Protein



## WHAT YOU NEED

- 14.1 oz. (400g) chicken breasts
- 1 tbsp. coconut oil
- 1 red onion, sliced
- 1 cup (250g) eggplant, cubed
- 1 can 14.5 oz. (400g) chopped tomatoes
- 1 cup (100g) sun-dried tomatoes, drained, chopped
- ¼ cup (50g) olives, sliced
- 2 handfuls basil, chopped
- salt & pepper

## WHAT YOU NEED TO DO

*Cut the chicken breasts into bite size chunks. Heat the coconut oil in a pan and fry the chicken until browned and cooked throughout.*

*Add in the onion and eggplant and cook for another 2-3 minutes until onion is soft. Then add the chopped tomatoes and reduce the heat. Cover and simmer for 10 minutes.*










*Once eggplant is soft add the sun-dried tomatoes, olives and basil. Season with salt and pepper.*

*Serve garnished with fresh basil and rice or pasta.*



## RECIPE KEY

Look for these helpful icons throughout the file.

-  GF Gluten Free
-  DF Dairy Free
-  LC Low Carb (under 20g serving)
-  MP Meal Prep/Freezer Friendly
-  HP High Protein (over 20g per serving)
-  V Vegetarian
-  Q Quick (under 30 mins)
-  N Contains Nuts
-  \* Use these ingredients sparingly during your weight loss phase