

Oregano chicken with baba ganoush & flatbread

Ingredients: (Serves 4)

1 tablespoon olive oil, plus 1 tablespoon extra
 4 chicken thighs
 2 garlic cloves, finely grated
 ½ bunch of oregano, finely chopped
 zest of 1 lemon
 pinch of salt
 2 Lebanese cucumbers, peeled into ribbons
 ½ red onion, thinly sliced
 2 cups rocket
 ½ bunch of mint, leaves picked
 1 tablespoon red wine vinegar
 4 store bought flatbreads

For the baba ganoush:

1 eggplant
 ¼ cup Greek yoghurt
 juice of 1 lemon
 1 tablespoon tahini
 2 garlic cloves, finely grated
 1 teaspoon ground cumin
 pinch of salt

Method:

1. Preheat oven to 200°C (fan forced). Place eggplant on a lined baking tray, then bake for 40-50 minutes or until very tender. Set aside until cool enough to handle. Slice eggplant in half lengthways, scoop out flesh and transfer to a small food processor. Add yoghurt, lemon juice, tahini, garlic, cumin and a pinch of salt, before blitzing until smooth. Set aside.
2. Heat one tablespoon oil in a large frying pan over medium-high heat. Cook chicken thighs for 3-4 minutes either side or until golden brown and cooked through.
3. Meanwhile, combine remaining one tablespoon oil, garlic, oregano, lemon zest and a pinch of salt in a medium bowl. Once chicken is cooked, add to marinade and leave to rest for 5 minutes before thickly slicing.
4. Combine cucumber, onion, rocket, mint and red wine vinegar in a large bowl. Toss until well coated.
5. Just prior to serving, warm flatbreads in the microwave or oven. Serve topped with baba ganoush, sliced chicken and cucumber salad.

Nutrition Information: (Per serve)

Energy:	2858kJ (682cal)	Protein:	41.0g	Total Fat:	33.5g
Saturated Fat:	8.2g	Carbohydrate:	47.2g	Sugars:	15.3g
Fibre:	13.5g	Sodium:	866mg		