

# 15-minute Greek Chicken



Ballarat Health Services

## Ingredients

4 chicken breast minute steaks  
2 tablespoons extra virgin olive oil  
2 brown onions, finely diced  
2 garlic cloves, crushed  
2 teaspoons dried oregano  
700g tomato passata  
250g cherry tomatoes  
3/4 cup mixed olives  
30g Greek fetta, crumbled  
Fresh oregano and basil leaves, to serve  
4 warmed wholemeal pita pocket breads, to serve



## Method

**Step 1** Season both sides of the chicken with pepper.

**Step 2** Heat 1/2 the oil in a large, deep frying pan over high heat. Add chicken. Cook for about 45 seconds each side or until browned and just cooked through. Transfer to a plate.

**Step 3** Add remaining oil to pan. Reduce heat to medium-high. Add the onion, garlic and dried oregano. Cook, stirring, for 2 minutes 30 seconds. Add passata, tomatoes and olives. Bring to a simmer. Cook for 5 minutes, stirring occasionally. Season with pepper.

**Step 4** Return chicken to pan. Cook for 1 to 2 minutes or until chicken is heated through. Sprinkle with feta. Top with fresh oregano and basil. Serve with warmed wholemeal pita bread

Choose the  
Mediterranean  
Diet for huge  
health benefits

Source: [www.taste.com.au](http://www.taste.com.au)