



ITALIAN TUSCAN CHICKEN
RECIPE

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COOK TIME

60 mins

PREP TIME

10 mins

SERVES

4 x

ITALIAN TUSCAN CHICKEN

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INGREDIENTS

- 12 Chicken thighs
- 3 cups (450 g) chopped Carrots
- 3 cups (255 g) Artichokes
- 1 cup (180 g) Olives
- 2 Tbsp MasterFoods™ Mixed Herbs
- 2 Tbsp MasterFoods™ Tuscan Seasoning
- 2 Tsp MasterFoods™ Rosemary
- 4 cups (400 g) chopped Tomatoes
- 6 Tbsp Olive Oil
- 2 Tbsp MasterFoods™ Minced Garlic
- ½ Tsp Pepper
- Mashed Potato to serve
- Steamed Broccoli to serve

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MASTERFOODS Dried Mixed Herbs 10g Jar

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MASTERFOODS Seasoning Tuscan 40g Jar

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METHOD

1. 1.
In a baking dish or cast iron pan, put down the whole Chicken thighs, Carrots, Artichoke hearts, Olives, MasterFoods™ Mixed Herbs, Tuscan seasoning, and Rosemary.
2. 2.
Blitz the Tomatoes in a blender, with half the Olive Oil and Garlic and pour over the Chicken.
3. 3.
Bake for 50 minutes covered, and 10 minutes uncovered in an oven set to 180C. Serve on hot buttered Mashed Potato, and steamed Broccoli.

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