

## Nutritional information

Nutrient	Per Serve	Per 100g
Energy	726.10kj	193.16kj
Protein	18.58g	4.94g
Total Fat	8.00g	2.13g
Saturated Fat	1.55g	0.41g
Carbohydrate	6.62g	1.76g
Sugars	6.22g	1.65g
Fibre	>6.02g	>1.60g
Sodium	364.33mg	96.92mg

Nutritional analyses are estimated calculations based on "Food Works"<sup>TM</sup> computer software

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**easy**  
**feast** PLU484  
*healthy home cooking made easy!*

### This meal pack includes:

400g can tomatoes  
 425g can mushrooms  
 2 Tbs Tomato Paste  
 2 tsp dried oregano  
 1 tsp low salt chicken stock powder  
 onion  
 garlic  
 2 large carrots  
 2 large zucchini

### Frozen Ingredients:

2 packs of chicken meat (500g)

Preparation time: 15 minutes    Cooking time: 30 minutes    **Serves 4-6**

Developed



**COMMUNITY  
 FOOD SA**

in partnership with

# Chicken Cacciatore

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## time required

Preparation time: 15 minutes

Cooking time: 30 minutes

## ingredients

- 1 brown onion
- 2 cloves garlic
- 2 large carrots
- 2 large zucchini
- 400g can diced tomatoes
- 425g can mushroom pieces
- 2 Tbs Tomato Paste
- 2 tsp dried oregano
- 1 tsp salt reduced chicken stock powder
- 500g chicken thigh meat
- 1 Tbs olive oil (not provided)
- 1 cup hot water (not provided)

## tips and ideas

- This recipe is suitable to freeze.
- Add in any other left over vegetables you may have.

## cooking instructions

1. Peel and slice the onion.
2. Peel and crush the garlic.
3. Drain and rinse the mushrooms.
4. Slice the carrot and zucchini.
5. Remove any visible fat from the chicken.
6. Roughly dice the chicken.
7. Dissolve the chicken stock powder in the water.
8. Heat the oil in a large saucepan over high heat.
9. Add the chicken and stir constantly with a wooden spoon for 5 minutes until the chicken is sealed and no longer pink.
10. Remove the chicken from the saucepan, but leave the juices behind.
11. Add the onion, garlic and carrots and saute for approximately 4 minutes, adding some of the chicken stock if needed to stop the vegetables sticking.
12. Add the tomatoes, tomato paste, zucchini, oregano and stock, and bring to the boil.
13. Return the chicken to the saucepan.
14. Add the mushrooms and simmer for 15 minutes, stirring occasionally.
15. Add pepper to taste if desired.
16. Serve with pasta, rice or mashed potato.