

WINE AND OLIVE ESTATE

MEDITERRANEAN BAKED CHICKEN

RECIPE 44/98

What you will need:

12 chicken portions

salt and pepper

60g butter

30ml Morgenster Extra Virgin Olive Oil

2 x 400g tins of tomato and aubergine mix

30ml tomato paste

a pinch of sugar

4 baby marrows, sliced

3 carrots, sliced

1 red onion, sliced into wedges

100g Morgenster Kalamata Olives, pitted

100g feta cheese



How to prepare:

Preheat oven to 180°C.

Season the chicken with salt and pepper.

Heat the butter and oil and fry the chicken until golden brown.

Place in an ovenproof dish.

Mix the *tinned tomato, tomato paste, sugar and vegetables together.

Pour over chicken with olives and feta.

Bake for 30-40 minutes until the chicken is cooked through.

*Any flavoured tinned tomato mix can be used if the tomato and aubergine mix is not available.

Recipe supplied by The Star, Angela Day.

Henry Kotze, Morgenster Wine Maker suggests pairing our Morgenster Flagship 2009 with this Morgenster Recipe.