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Spanish Chicken with Green Olives & Fetta

Simmering red capsicum absolutely transforms it into sweet, soft and ever so slightly smoky ribbons of red. With such a delicious base to build on, it's no wonder that along with salty green olives, succulent chicken and fluffy mashed potato, it's one of our favourites at HelloFresh HQ.



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



gluten
free



eat me
early

Pantry Items



Olive Oil



White Sugar



Milk



Butter



Chicken Thighs



Red Onion



Red Capsicum



Garlic



Diced Tomatoes



Green Olives



Potatoes



Fetta Cheese

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2P	4P	Ingredients
1 tsp	2 tsp	olive oil *
350 g	700 g	chicken thighs, cut into 2 cm chunks
½	1	red onion, finely sliced
½	1	red capsicum, finely sliced
1 clove	2 cloves	garlic, peeled & crushed
1 tin	2 tins	diced tomatoes
¼ cup	½ cup	green olives, sliced
1 tsp	2 tsp	white sugar *
400 g	800 g	potatoes, peeled & cut into 2 cm pieces
¼ cup	½ cup	milk *
1 tsp	2 tsp	butter *
½ block	1 block	fetta cheese, crumbled



Ingredient features
in another recipe



Pantry Items



Pre-preparation

Nutrition per serve

Energy	2580	Kj
Protein	47.4	g
Fat, total	26.6	g
-saturated	9.5	g
Carbohydrate	43.9	g
-sugars	14.8	g
Sodium	911	mg



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, colander and a potato masher or fork, medium frying pan, and a large saucepan.*

- Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **chicken thighs** and cook, stirring, for **3-4 minutes** or until browned. Remove from the pan and set aside.
- Place the same frying pan back over a medium-high heat. Add the **red onion** and **red capsicum** and cook, stirring, for **3 minutes** or until soft. Add the **garlic** and cook for **1 minute** or until fragrant. Add the browned chicken, **diced tomatoes**, **green olives** and **white sugar** and bring to the boil. Reduce the heat to medium-low and season with **salt** and **pepper**. Simmer for **20 minutes** or until the chicken is cooked through and the sauce has thickened slightly.
- Meanwhile, place the **potatoes** in a large saucepan of cold water, bring to the boil and cook for **15 minutes** or until tender. Drain and return back to the saucepan. Add the **milk**, **butter** and a good season of salt and pepper. Mash with a potato masher or fork until smooth.
- To serve, divide the mashed potato between plates. Top with the chicken casserole and garnish with the **crumbled fetta cheese**.

Did you know? Olive trees can live for over 1000 years.