



**PARMCO**



# CHICKEN WITH TOMATOES AND OREGANO

**SERVES 4 - 6**

**PREP TIME 10**

**COOK TIME 45 MINS IN OVEN, 1.5 HRS IN PAN OR 6 HRS IN SLOW COOKER**

## INGREDIENTS

- 8 chicken pieces (1kg), skinless, bone in, seasoned with salt and pepper
- 1 tbsp oil
- 1 onion, diced
- 4 cloves of garlic, sliced
- 2 carrots, diced
- 2 tbsp dried oregano
- 2 tbsp tomato paste (unsalted)
- 1 x 400g can (no added salt) crushed and sieved tomatoes
- 1 cup (Campbells) no added salt chicken stock
- 1/2 tsp sugar

## UTENSILS

- Slow cooker (one for every 4 kids)
- Large frying pan (one for every 4 kids)
- Chopping boards and knives
- Measuring spoons (or tablespoons and teaspoons)
- Measuring cups
- Bowls and forks/spoons to eat with!

## METHOD

1. Preheat oven to 180°C or turn your slow-cooker on low. Heat a large pan on a med/high heat and add the oil. When very hot add the chicken and brown on all sides. Remove and place into a casserole dish, slow cooker or heavy-based saucepan and return pan to the heat.
2. Turn heat to med and add the onions, garlic and carrots. Cook until just becoming translucent.
3. Now add the oregano, and quickly combine, along with the tomato paste, cook for 2 minutes.
4. Finally add the tomatoes, sugar and 3/4 of a can of water, season and combine. Pour this mix over chicken.
5. Place into the oven for 45 mins or until the juices run clear or into your slow cooker on low for 6 hrs or on a low heat covered for 1.5 hrs. The chicken should fall off the bone and have a delicious sauce!

\*If the sauce is not thick enough, remove the meat from the dish and pour the liquid into a saucepan to reduce. When to your liking, simply add the shredded or pulled meat back into the gravy.

**Serving suggestion:**  
Pasta, steamed vegetables or salad

NUTRITION INFORMATION	
	Per serve (at 4 serves)
Energy	1550kJ (371cal)
Protein	55g
Fat	13g
- Saturated	3g
Carbohydrate	15g
- Sugars	8g
Fibre	3g
Sodium	220mg
Calcium	100mg
Iron	4mg
2 vegetables	