

Easy Cheesy Mexican Chicken

The combination of flavours in this dish, in particular the unique smokiness of the smoked paprika, will bring a smile to the faces of all lovers of Mexican food. While there is a bit of prep to do, taste-wise it all comes together so beautifully that you'll make it time and time again. Adjust the chilli and garlic quantities to suit your palate.

Serves	3-4	Per serve	
Prep time	15 minutes	Carbs	13.7 g
Cook time	25 minutes	Protein	40.0 g
Difficulty	●●●	Fat	37.5 g
		Energy	556 Cal

INGREDIENTS

For the cheesy chicken:
400-500 g chicken breast,
cut lengthways into 3-4 portions
200 g (½ can) chopped tomatoes
1 tbsp balsamic or red wine vinegar
1 tsp salt
½ tsp chilli flakes
(more or less, to taste)
1 cup grated tasty cheese (or any
strong-flavoured cheddar)

For the smoky Mexican vegetables:
1 onion
2-3 zucchini
2 capsicums (any colour)
2-3 cloves garlic
3 tbsp olive oil
2 tsp smoked paprika
1 tsp ground cumin
½ tsp dried oregano
¼ tsp chilli flakes (optional)
200 g (½ can) chopped tomatoes

To garnish:
½ cup sour cream
small bunch of coriander,
roughly chopped

METHOD

Pre-heat the oven to 225°C fan (245°C regular).

Season the chicken with salt and freshly ground black pepper and place in a casserole dish. Pour the tomatoes over the chicken and sprinkle over the balsamic vinegar, salt and chilli flakes. Scatter over the cheese and bake for 20-25 minutes, until the chicken is cooked and the cheese is nicely glazed on top.

While the chicken is cooking, prepare the vegetables. Slice the onion and zucchini. Remove the centres from the capsicums and slice them into rings. Finely chop the garlic.

Heat the oil in a large frying pan over a high heat. Add the vegetables and garlic and cook, stirring constantly, for 2-3 minutes. Reduce the heat to low and add the paprika, cumin, oregano, chilli flakes (if using) and chopped tomatoes. Season with salt and pepper and cook gently, stirring occasionally, until the chicken is ready and the veges have become a smoky relish.

To serve, spoon the smoky Mexican vegetables onto plates. Top with the chicken and some of the sauce. Finish with a dollop of sour cream and a sprinkle of chopped coriander.

