



Carb  
1

Fat  
1

Protein  
3

Free Veg  
1

# Caprese Salad Inspired Chicken Stew

This short-cut stew, made in less than 30 minutes, uses stock to keep the meat tender and full of flavour. Here, the traditional Caprese ingredients — tomatoes, balsamic vinegar, mozzarella and basil leaves — combine for a savoury dish.

Some pointers:

- Make sure to drain the quinoa when cooked to remove any residual water.
- Make the 250ml of stock but don't add it all. Add 200ml to start and see how that goes, if it's too dry, add as required.
- You can add other spices to suit your preferences. Chili flakes give it an added kick.
- Dial down on the garlic if you like. There are 4 crushed cloves but you could manage with 2.
- This meal tastes great re-heated so set aside the basil and mozzarella you'll need.

## Ingredients

- 2 tbsp extra-virgin olive oil
- 400g skinless chicken breasts
- 1/2 tsp sea salt
- 250ml low-salt chicken stock
- 300g tomatoes
- 4 garlic cloves crushed
- 1 tbsp balsamic vinegar
- 200g cooked quinoa
- 140g low fat mozzarella (if you can't find the pearls torn pieces will do)
- 8 leaf fresh basil leaves

## Directions

1. Heat the oil in a medium nonstick skillet over medium heat. Add the chicken breasts, sprinkle with salt and cook until browned on both sides, but not fully cooked through, about 3 to 4 minutes per side.
2. Add the broth, tomatoes, garlic and vinegar to the skillet; bring to a boil. Cover, reduce heat to low and simmer until the chicken is fully cooked and tomatoes are softened, about 15 minutes.
3. Remove from heat. Transfer the chicken to a cutting board. Smash the tomatoes in the skillet with a fork and please be careful the hot juices don't splash. Cut the chicken breast into pieces or slice thinly.
4. Stir the chicken and warm quinoa into the tomato mixture in the skillet. Add black pepper. Transfer to a serving bowl. Sprinkle with the mozzarella cheese and basil.