

WILLS MEDITERRANEAN STYLE
CHICKEN THIGHS



“Good food is very often,
even most often, simple food.”

– Anthony Bourdin

A FARE
DEAL

Ingredients

- 4 marinated chicken thighs
- 3 oz kalamata olives
- 3 oz diced red pepper
- 3 oz diced red onion
- 6 oz diced fresh tomatoes
- 6 oz green beans
- 1 1/2 cup white rice
- 1 oz julienne fresh basil

*Amounts prepared are for two servings
468 Calories per portion*

Mise en place

For convenience, the ingredients are fully prepped. The chicken has been Marinated, and is ready to be cooked.

Rice

Add 3 cups cold water to your pot. Add rice and bring to boil.

Reduce to simmer and cook covered. Check at 10 minutes.

Once the water has been absorbed.

Leave covered and put off to the side.

Meats and Vegetables

Add 1 tbsp of oil to your sauté pan and heat on medium high. Add chicken thighs.

Evenly brown on both sides for approximately 5 minutes per side.

Remove from the frying pan and place on a baking sheet. Bake in the oven for approximately 20 minutes at 350 degrees.

Using the same frying pan add peppers and onion. Sauté until soft.

Add tomatoes, basil and beans. Cook lightly until heated through.

Top over chicken thighs. Serve along with rice and enjoy!

Prepared and packaged at
A FARE DEAL

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