

OVEN-BAKED CHICKEN STEAK, COOKED WITH TOMATOES, FETA CHEESE AND DJUVEC RICE

Ingredients (4 portions):

For the Oven-Baked Chicken Steak, cooked:

4 **HANNA Chicken steak, cooked (approx. 65 g),**
Art.-No. 1764001

sliced red and green tomatoes

4 thick slices of feta cheese

grill or gyros herb mix

Ingredients for the Djuvec rice:

100 g long grain rice

½ a red bell pepper, finely diced

½ an onion, finely diced

1 clove of garlic, finely chopped

½ a can of chopped tomatoes

3 tbsp Ajvar

50 g peas

vegetable oil or butter, paprika or chilli powder, salt, pepper, a pinch of sugar

chicken or vegetable stock

chopped parsley



Preparation:

1. Place the deep frozen Chicken steak, cooked onto a backtray or ovenproof tray and top with tomato slices. Season with a grill or gyros herb mix. Place feta cheese on top and cook until desired level of golden brown is achieved in a preheated oven at 200-220 °C for approx. 12-15 minutes.
2. In the meantime, heat the vegetable oil or butter in a pot and sauté the bell pepper, onions and garlic. Add the rice. Lightly season with paprika and chilli powder and sauté briefly. Add the chopped tomatoes, Ajvar and peas, lightly season with salt, pepper and sugar. Add the stock and bring to a boil.
3. Cook the rice with a gentle heat for approx. 20 minutes until you reach the desired consistency, stirring occasionally and adding more stock as necessary. Before serving, season the rice to taste, mix in the chopped parsley and plate up together with the Chicken Steak, cooked.

Tip: Add some carrots, courgette, aubergine, okra or green beans for an extra nutritional boost.