

Creamy Green Olive and Paprika Chicken Casserole



40 Minutes



4 Serves



Easy-Medium



INGREDIENTS

- 4 Boneless, skinless chicken thigh fillets (approx. 130g each)
- 100g Cream Cheese
- 1 C Chicken Stock
- 1tsp Himalayan Pink Salt
- 1tsp Cracked Black Pepper
- 1Tb Olive Oil
- ½ tsp Paprika
- ½ tsp Smoked Paprika
- 50g Onion, sliced
- 3Tb Tomato Purée
- 100g Pitted Green Olives (in brine)
- 1-4Tb Olive brine liquid (optional)

METHOD

1. Preheat oven to 200°C/390°F.
2. Sprinkle the salt and pepper over the chicken fillets.
3. Add the olive oil to an iron skillet or non-stick pan over high heat and brown both sides of the chicken fillets. Remove the fillets and place into your casserole/baking dish.
4. Reduce the heat to low and in the same pan add the sliced onion. Sauté till soft and translucent but take care not to burn them. Add the chicken stock to deglaze the pan and then add the cream cheese.
5. Continue to simmer and stir until the cream cheese has melted to form a velvety sauce (use a whisk to break up any lumps).
6. Stir in the tomato purée, ½ tsp of paprika and ½ tsp of smoked paprika and if adding, 1-4Tb of the olive brine (this adds a salty piquancy that makes your taste buds sing).
7. Pour the sauce over the top of the chicken fillets and toss in the green olives.
8. Bake in the preheated oven for 25-30 minutes or till the chicken fillets are cooked through.
9. Serve with your favourite side dish and enjoy!

Nutritional Information <i>(per serving)</i>					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
355	25.2g	27.2g	5.2g	0.7g	4.5g