



CHICKEN AND EGGPLANT BAKE

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 40 mins

Serves: 2

INGREDIENTS

- 2 chicken breasts, cut in halves lengthwise
- 1 large eggplant, sliced into 4
- 1 jar (350g) leggo's stir through
- 1 can(400g) crushed tomatoes
- 1/2 cup almond meal
- 1 large onion, chopped
- 12 olives, stoned and chopped
- Spray oil
- 1 tbsp chilli sauce (optional)
- 1/2 cup olive oil
- 1 tsp pink rock salt
- 1/2 tsp ground black pepper
- 1 cup grated vegan mozzarella cheese

METHOD

- Preheat oven to 180°C.
- Place eggplant slices onto a baking tray, spray with oil and bake for 15 mins
- Turn slices and bake a further 10 minutes, remove from oven and stand aside.
- Heat 1 tbs olive oil in a pan over medium heat, and fry onions for 3 minutes, remove.
- Coat the chicken in almond meal and sprinkle with salt and pepper.
- Fry chicken pieces for 3 minutes on each side in the same frying pan with extra oil.
- Pour the can of crushed tomatoes into the base of a large baking dish.
- Layer with slices of eggplant, chicken, onions, olives and chilli sauce.
- Pour leggo's stir through over the top and cover with the grated vegan mozzarella.
- Bake in preheated oven for 20 minutes until heated through and cheese melted.
- **NOTE:** Any flavour of Leggo's stir through will work.

