



Mediterranean Chicken with Eggplant

Jacob · 28/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

5

Description

Ive learned to make this dish from my grandmother who still lives on the shore of the Mediterranean

Ingredients

- - 3 eggplants
- peeled and cut lengthwise into 1/2 inch thick slices - 3 tablespoons olive oil - 6 skinless
- boneless chicken breast halves - diced - 1 onion
- diced - 2 tablespoons tomato paste - ½ cup water - 2 teaspoons dried oregano - salt and pepper to taste

Instructions

1. Place eggplant strips in a big pot of lightly salted water and soak for 30 minutes (this will improve the taste; they will leave a brown color in the pot). Remove eggplant from pot and brush lightly with olive oil. Saute or grill until lightly browned and place in a 9x13 inch baking dish. Set aside. Saute diced chicken and onion in a large skillet over medium heat. Stir in tomato paste and water
2. cover skillet
3. reduce heat to low and simmer for 10 minutes. Preheat oven to 400 degrees F (200 degrees C). Pour chicken/tomato mixture over eggplant. Season with oregano
4. salt and pepper and cover with aluminum foil. Bake in the preheated oven for 20 minutes.