

MOZZARELLA CHICKEN THIGH FILLET WITH LEEK AND POTATO PUREE

2 persons / 566 kcal per person

Ingredients:

- 1 clove of garlic
- 10 grams of fresh flat parsley
- 125 grams of cherry tomatoes
- 50 grams of tomato puree
- 1 tablespoon of balsamic vinegar
- ½ teaspoon of chili flakes
- 1 tablespoons of olive oil
- 150 grams of chicken thigh fillet
- 125 grams of mozzarella
- 400 grams of (floury) potatoes
- 150 grams of leek
- pepper and salt

Preparation:

Preheat the oven to 200 °C. Slice the garlic and finely chop the parsley. Cut the tomatoes in half. Mix the tomato puree with the garlic, balsamic vinegar, chili flakes, half the oil and half parsley. Mix half of the sauce with the tomatoes, divide over the oven dish and grill just above the middle of the oven for about 30 minutes. Cut the chicken thigh fillets in half.

Place in a bowl and mix well with the rest of the tomato sauce, let stand.

Drain the mozzarella well and cut into 4 slices. Boil the potatoes in plenty of water with salt for 20 minutes. Collect ½ cup of cooking water (per 2 persons). After roasting for 15 minutes, turn the tomatoes over and place the chicken in between. Divide the mozzarella over the chicken and roast for another 15 minutes until the chicken is cooked and the mozzarella is golden brown. Cut the butt and 2-3 cm off the green part of the leek. Cut the part that is left in half lengthwise. Wash and drain well in a colander. Cut into half rings of ½ cm. Heat the rest of the oil in a frying pan and fry the leek very soft for 10 minutes on very low heat. Toss regularly. Mix the potatoes with cooking water and mash with the mashed potato masher. Add the leek and season with salt and pepper. Serve the mozzarella chicken with the stew and spoon the tomato and some of the cooking liquid over it. Sprinkle with the rest of the parsley.

Nutritional value per person:

Energy:	566 kcal
Protein:	32.6 grams
Carbohydrates:	47.7 grams
- including sugars:	12.4 grams
Fat:	25.3 grams
Fiber:	7.5 grams
Salt:	1.6 grams

