

OVEN DISH CHILE CON CARNE CHICKEN DE LUXE

2 persons / 478 kcal per portion

Ingredients:

- 1 tablespoon of olive oil
- 200 grams of chicken thigh
- 125 grams of kidney beans (drained weight)
- 200 grams of tomato frito
- 100 grams of corn
- 1 bell pepper
- ½ zucchini
- 2 shallots
- 1 clove of garlic
- 30 grams of (grated) cheese
- 3 teaspoon paprika powder
- 1 teaspoon of cumin powder
- ½ teaspoon of chili powder
- pepper and salt



Preparation:

Preheat the oven to 180 ° C. Finely chop the shallots and garlic. Cut the bell pepper into strips. Cut the chicken thigh into cubes. Heat the oil and fry the garlic and onion for 3 minutes over medium heat, add the herbs and fry for about 1 minute. Add the chicken and fry it for 3 minutes. Then add the corn, bell pepper and kidney beans and half of the tomato frito and heat for 3 minutes. Season with salt. Meanwhile, peel the zucchini lengthwise with a cheese slicer. Place the zucchini strips in a baking dish so that you can fold them over and a package is created after filling the chicken-vegetable mix. Pour the other half of the tomato frito over the zucchini. Sprinkle the (grated) cheese over it and put the dish in the oven for about 15 minutes. Turn some fresh black pepper over the dish.