

Chicken and Tomato Stew

An easy Mediterranean-style dish with juicy chicken, tomatoes, and onions. This simple chicken stew is perfect for a quick and nutritious dinner.



Main Dish

Mediterranean

20 min

Total time

Easy

Difficulty

239

kcal / serving

Ingredients

- Ingredients for 1 Person:
- 1 skinless, boneless chicken thigh (approx. 90g)
- 1/2 an onion, diced
- 1/2 a tomato, diced
- 2-3 tablespoons vegetable oil
- Salt and Pepper to taste

Steps

- 1 Heat a large frying pan with the vegetable oil over medium heat until hot.
- 2 Season the chicken with salt and pepper and add it to the frying pan. Continue cooking for 7-10 minutes or until golden brown and cooked through.
- 3 Add the onion and tomato to the frying pan with the chicken and cook for 5 minutes until vegetables are softened.
- 4 Taste and adjust seasoning as needed. Serve with crusty bread or over hot, cooked rice.