



# Greek chicken and okra stew

15'  
Hands on

60'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Ingredients

- 1 chicken, medium
- 6 tablespoon(s) olive oil
- salt
- pepper
- 1 onion
- 2 clove(s) of garlic
- 1 teaspoon(s) cumin, seeds
- 1 tablespoon(s) coriander, seeds
- 1 tablespoon(s) tomato paste
- 2 tablespoon(s) balsamic vinegar
- 1 tablespoon(s) honey
- 3 bay leaves
- 1 tablespoon(s) paprika
- 400 g canned tomatoes
- 200 g water
- 1 kilo okra
- 1 tablespoon(s) thyme
- 1 tablespoon(s) oregano

## Method

- Preheat oven to 180\* C (350\* F) Fan.
- Place a [pan](#) over high heat and add 2-3 tablespoons olive oil.
- [Cut the chicken into 8 portions](#) and place in the pan.
- Season with salt and pepper and sauté until golden on both sides.
- When ready, remove from pan and set aside.
- Place the same pan back over heat with the olive oil that is left over from sautéing the chicken.
- Add the cumin and coriander seeds. Sauté to give aroma to the olive oil.
- Thinly [slice](#) the onion and mince the garlic. Add to pan and mix.
- Add the tomato paste and stir. Sauté to remove the bitter taste.
- Add the balsamic vinegar, honey, bay leaves and paprika. Mix.
- Add the chopped tomatoes, water, salt and pepper. Mix and remove pan from heat.
- Place the okra in a [baking pan](#) and add the sauce from the pan. Mix to completely coat the okra in the sauce.
- Add the chicken, 2-3 tablespoons olive oil, salt, pepper, thyme and oregano.
- Cover with parchment paper and aluminum foil.
- Bake for 45 minutes, uncover and bake for another 15 minutes.
- Serve with olive oil, oregano and thyme.

To serve

- 1 tablespoon(s) olive oil
- 1 tablespoon(s) oregano
- 1 tablespoon(s) thyme

## Διατροφικός πίνακας

Nutrition information per portion

295 Calories (kcal)	16.0 Total Fat (g)	3.6 Saturated Fat (g)	11.0 Total Carbs (g)
15%	23%	18%	4%
8.0 Sugars (g)	24.0 Protein (g)	4.5 Fibre (g)	0.51 Sodium (g)
9%	48%	18%	9%