






More Than Food

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Aubergine 'Al Funghetto' with Grilled Butterflied Chicken

Patrick first tasted this dish when arriving in the beautiful hilltop village of Grottaferrata, just south of Rome and asked a local chef to show him the recipe. It's another example of that wonderful Italian ability to let a few fantastic quality ingredients speak for themselves and the addition of parsley gives it a sublime, fresh dimension. Rumour has it the aubergine tastes akin to a type of mushroom, which may explain why it is called 'al funghetto' despite being totally mushroomless!



40 mins



healthy



lactose free



spicy



gluten free



Garlic Clove



Cherry Tomatoes



Flat Leaf Parsley



Aubergine



New Potatoes



Chicken Breast




Lemon



Chilli Flakes

Ingredients

	2P	4P
Garlic Clove, diced	2	4
Cherry Tomatoes, quartered	1 punnet	2 punnets
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Aubergine, diced	1	2
New Potatoes	1 pack	2 packs
Chicken Breast	2	4
Lemon	½	1
Chilli Flakes	½ tsp	1 tsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

N/A

Nutrition per serving: Calories: 353 kcal | Protein: 34 g | Carbs: 57 g | Fat: 2 g | Saturated Fat: 0.5 g



1 Pre-heat your oven to 180 degrees and boil a pot of water for your new potatoes. Peel and finely dice the garlic. Chop the cherry tomatoes into quarters. Finely chop the parsley.



2 Cut your aubergine in half lengthways and cut each piece in half lengthways again. Remove the spongy white part in the middle and discard (just like the picture left). Slice each strip in half lengthways once more (so you have eight strips in total). Now dice the aubergine.



3 Cook your potatoes in the boiling water with ¼ tsp of salt for around 10-15 mins, then drain and keep to one side with a lid on. **Tip:** They are done when you can slip a knife through them.



4 Place your hand flat on top of the chicken breast and slice through the middle to open it up like a book. Repeat for your other chicken breast. Once you have 'butterflied' the chicken breasts, put them on a baking tray. Coat each breast in 1 tsp of olive oil and a pinch of salt and pepper. Grate over some lemon zest and a tsp

of lemon juice and cover the tray with tin foil (if you have some).

5 Pop your chicken breasts on the top shelf of the oven and cook for around 15 mins, until they are no longer pink in the middle.

6 Heat 1 tbsp of olive oil in a frying pan on medium heat. Add your aubergine and cook for 5 mins, then add a pinch of chilli flakes (or more if you're brave!) and the garlic and cook for a further minute. Add the cherry tomatoes and continue to cook them for about 10 mins until they are nice and soft. Add a tbsp of water every few mins to stop them drying out.

7 Lastly, stir your chopped parsley and the potatoes through the aubergine mixture and serve your chicken on top. Buon appetito!