Eggplant and Chicken Recipes

Tender eggplant and chicken simmer in a chunky garlic-tomato sauce.

PREP 15 min | COOK 25 min | SERVES 4 | EASY

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) salt
- 1/4 tsp (0.5 g) black pepper
- 1 medium eggplant (450 g), cut into 1-inch cubes
- 1 can (14 oz / 400 g) crushed tomatoes
- 2 garlic cloves (6 g), minced
- 1 tsp (1 g) oregano
- 1 extra tbsp (15 ml) olive oil

Method

1. Cut chicken into 1-inch pieces. Season with salt and pepper.
2. Heat half the oil in a deep skillet; cook chicken 6-8 minutes until 165°F (74°C), then remove to a clean plate.
3. Add remaining oil and eggplant; cook 7-9 minutes, stirring, until softened.
4. Add garlic, tomatoes and oregano; cover and simmer 8-10 minutes until eggplant is tender.
5. Return chicken and simmer 2 minutes to heat through.

Doneness

Verify 165°F (74°C) in the thickest chicken pieces, away from bone. Ground chicken and the center of a casserole must also reach 165°F (74°C). Time is an estimate; use a food thermometer.

Variations

- Spicy: add 1/4 tsp chili flakes.
- Herb: add basil at the end.
- Vegetable: replace half the eggplant with zucchini.

Storage

Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Include any prior storage time of cooked chicken.

Ready to serve

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Serving suggestion: one plated serving.