

Mediterranean Chicken with Tomatoes, Olives & Basil

地中海風チキン

Air Fryer

Serves 2



Ingredients

Main

- 350 g chicken thighs (or breasts), skin-on 鶏もも肉／鶏むね肉
- 200 g canned chopped tomatoes カットトマト缶
- 60 g onion, finely chopped 玉ねぎ
- 40 ml chicken stock (½ strength)
- 80–100 g mixed olives (black + green), drained オリーブ

Aromatics & Flavor Base

- 1–2 cloves garlic, minced にんにく
- ½ tsp tomato paste
- ½ tsp dried oregano or thyme
- ½ tsp balsamic vinegar
- ¼ tsp salt + MSG blend
- Black pepper

Finish

- 120–150 g spinach or komatsuna ほうれん草／小松菜
- Small handful fresh basil バジル
- 2 tsp / 10 ml olive oil

Instructions

1. Build the base

- Combine **tomatoes, onion, stock, olives, garlic, tomato paste,** and **balsamic**
- Add **oregano, salt + MSG,** and **pepper**
- Mix well

2. Add chicken

- Nestle **chicken** skin-side up into mixture
- Lightly brush or spray with **olive oil**
- Season skin with **salt** and **pepper**

3. Cook

- **Air fryer: 180°C** for **25–28 minutes**
- **Oven: 170°C** for **28–32 minutes**

4. Add greens

- Scatter **spinach** or **komatsuna** over dish
- Return to heat **2–3 minutes** until wilted

5. Finish

- Drizzle **olive oil**
- Add **fresh basil**
- Taste and adjust seasoning

6. Serve

- Serve with focaccia or rice

Nutrition (per serving)

Kcal: 480 | Protein: 40 g | Fat: 26 g | Sat Fat: 6 g | Carbs: 12 g | Sugars: 5 g |

Fiber: 2 g | Sodium: 780 mg | Omega-3: 0.4 g