

Mediterranean Chicken with Tomatoes, Eggplant & Olives

地中海風チキン、トマト、ナス、オリーブ炒め

Servings: 2 generous servings

Ingredients

Chicken & Marinade

- 375–400 g boneless, skinless chicken thighs, cut into 2–3 cm bite-sized pieces
- 1 clove garlic, finely minced
- 1 T olive oil
- ½ T fresh lemon juice
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp smoked paprika
- ½ tsp kosher salt (or to taste)
- Freshly ground black pepper

Vegetables

- 200 g cherry tomatoes, halved
- 70 g Japanese eggplant, cut into 8–10 mm half-moons
- ½ medium red onion, thinly sliced (about 3 mm)
- 1 clove garlic, finely minced
- 60–80 g olives, pitted and halved
- 100–150 g zucchini, cut into 8 mm half-moons (*optional but recommended*)

For Cooking

- 1½ T olive oil
- ½ T fresh lemon juice
- 2 T fresh parsley, roughly chopped



Preparation

Marinate the Chicken

Combine:

- **Minced garlic**
- **1 T olive oil**
- **Oregano**
- **Thyme**
- **Smoked paprika**
- **Salt**
- **Pepper**
- **½ T lemon juice**

Mix well. Then add the chicken pieces and coat thoroughly. **Marinate for 15–20 minutes** while preparing the vegetables.

Prepare the Vegetables

- Halve the **cherry tomatoes**.
- Slice the **eggplant** into 8–10 mm half-moons.
- Slice the **zucchini** (if using).
- Thinly slice the **onion**.
- Mince the remaining **garlic**.

- Halve the **olives**.
 - Chop the **parsley**.
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Cooking Method

Preparing the wok

(This recipe is written specifically for a 30 cm River Light carbon steel wok on a Japanese home gas stove.)

1. Preheat

Heat the empty wok on **medium heat** for about **2 minutes**. Increase to **medium-high** for **1 minute**. The wok should be thoroughly heated but not smoking heavily. Add the **1½ T olive oil** and swirl to coat the cooking surface.

2. Cook the Chicken

Spread the chicken in a single layer. Do not stir immediately. Allow it to brown undisturbed for **about 2 minutes**. When the chicken naturally releases from the wok, stir-fry **another 2–3 minutes** until almost cooked through. Remove to a plate.

3. Cook the Vegetables

- Add the **onion** and **zucchini**; cook about **2 minutes**.
 - Add the **eggplant** and cook another **3–4 minutes**, stirring occasionally until lightly browned and tender.
 - Add the remaining garlic and cook **30 seconds** until fragrant.
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4. Finish the Dish

- Add the **cherry tomatoes** and **olives**. Cook only **1 minute**, just enough to warm the tomatoes while keeping their shape.
 - Return the **chicken** and any accumulated **juices**.
 - Toss everything together for **about 1 minute**. Remove from the heat.
 - Sprinkle with the remaining **½ T fresh lemon juice**.
 - Fold in the chopped **parsley**.
 - Taste and adjust seasoning with **salt** and freshly ground **pepper** if needed.
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Serve

Serve immediately with crusty artisan bread, steamed brown rice or couscous. A simple green salad makes an excellent accompaniment.

Chef's Notes

This dish is intentionally not cooked like an Asian stir-fry. Instead, each ingredient is browned separately before being combined, allowing every vegetable to retain its own texture and flavor. Adding the tomatoes and lemon juice at the end preserves their freshness and gives the finished dish a bright Mediterranean character.

River Light Wok Tips

For best results:

- ✓ **Preheat** the wok thoroughly **before adding oil**.
- ✓ Add the oil only after the wok is hot.
- ✓ Do not move the chicken immediately; allow it to brown and release naturally.
- ✓ Resist constant stirring. Carbon steel performs best when food has time to develop light browning.

- ✓ The seasoning improves every time the wok is used. Slight sticking during the first few cooking sessions is normal and usually decreases as the patina develops.
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Nutrition (Approximate)

Entire Recipe

Kcal: ~980 | Protein: ~84 g | Fat: ~63 g | Sat Fat: ~14 g | Carbs: ~23 g | Sugars: ~12 g |
Fiber: ~7 g | Sodium: ~1,050 mg* | Omega-3: ~0.5 g

Per Serving

Kcal: ~490 | Protein: ~42 g | Fat: ~31 g | Sat Fat: ~7 g | Carbs: ~11 g | Sugars: ~6 g | Fiber:
~3.5 g | Sodium: ~525 mg* | Omega-3: ~0.25 g

*Sodium will vary depending on the olives and the amount of salt added.