

## Bocconcini

Bocconcini are small mozzarella cheese balls. Like other mozzarellas, they are semi-soft, white, and rindless unripened mild cheeses that originated in Naples and were once made only from the milk of Italian Mediterranean buffalo. Nowadays, they are usually made from cow's milk. The cheese is excellent for cooking due to its high moisture content, which helps it melt more easily. It's perfect for adding to salads, pizzas, and pasta dishes, or simply enjoyed on its own as a light and refreshing snack. Bocconcini are a good source of protein, which is essential for muscle growth and repair, and calcium, which is important for bone health.

## Mediterranean Chicken

Recipe courtesy of The Dietitians Australia Victorian Engagement and Development Committee

Recipe taken from Dietitians Australia website <https://dietitiansaustralia.org.au/recipes>

*Accredited Practising Dietitians are nutrition professionals with the qualifications and skills to provide expert personalised nutrition and dietary advice.*



### Ingredients:

4 chicken thighs trimmed (and skin removed)  
¼ cup plain flour (use gluten-free plain flour for those with coeliac disease)  
pinch of salt and pepper  
1 tsp olive oil  
1 carrot finely chopped  
1 clove garlic finely chopped  
1 onion sliced  
1 red capsicum sliced  
400ml tomato passata  
¾ cup chicken stock  
½ cup pitted olives  
½ cup baby bocconcini  
half a bunch of basil chopped  
Serving suggestion (not included in nutrition analysis) — 2/3 cup rice or quinoa (cooked as per packet instructions)

### Method:

1. Coat chicken with gluten free flour, salt and pepper. Fry chicken in small amount of olive oil on high, turning for 3-4 minutes until golden. Remove from pan.

2. Next fry onion, garlic, carrot and capsicum in a fry pan for 3-4 minutes until soft. Re- add chicken and cover with passata and chicken stock.
3. Bring to boil and reduce heat to simmer for 30-40minutes until sauce has thickened and chicken is cooked. In the last 5 minutes of cooking stir through olives, bocconcini and basil.
4. Divide into 4 portions and serve with rice or quinoa.

### **Nutrition**

Nutritional information is provided per serve

Energy	2720kJ (650 calories)
Protein	35g
Saturated Fat	6g
Total Fat	15g
Carbohydrates	22g
Sugars	10g
Dietary Fibre	5g
Sodium	608mg

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