

# Mediterranean Chicken Casserole



8 chicken thighs  
2 tablespoons Bellissimo olive oil  
1 medium red onion, sliced  
2 garlic cloves, crushed  
1 large red bell pepper, seeded and thickly sliced  
thinly pared rind and juice of 1 small orange  
1/2 cup chicken stock  
14 ounce can chopped tomatoes  
1 tablespoon chopped fresh thyme  
1/2 cup pitted black olives  
Salt and pepper  
Thyme sprigs and orange rind, to garnish  
Crusty bread to serve

In a large heavy-based or nonstick skillet, fry the chicken thighs without fat over a fairly high heat, turning occasionally until sealed and golden brown all over. Drain off any excess fat from the chicken and transfer to a flameproof casserole.

Add the orange rind and juice, chicken stock, canned tomatoes, and sun-dried tomatoes. Bring to a boil, then cover with a lid, and simmer very gently over low heat, stirring occasionally for about 1 hour. Add the thyme and olives, then taste and adjust the seasoning if necessary. Scatter orange rind and thyme over the casserole to garnish, and serve with crusty bread.