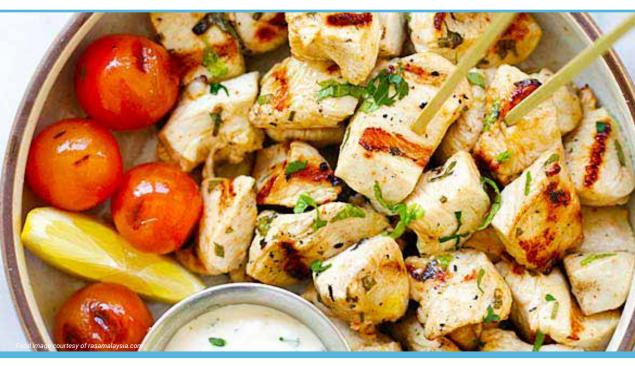


ENVIROFIT & The SuperSaver Charcoal Jiko **PRESENT Mediterranean Chicken**



Ingredients

- 1 tablespoon olive oil
- ½ kg skinless, boneless chicken breast, cut into bite-size pieces
- · 3 garlic cloves, thinly sliced
- ¼ cup chicken stock
- ¼ cup white vinegar
- ¼ cup water
- 1 teaspoon dried oregano, crushed
- · 2 fresh red peppers cut into strips
- ¹/₄ cup crumbled parmesan cheese (optional)



Preparation Method

- 1. Light your Envirofit SuperSaver Charcoal Jiko using little charcoal.
- 2. In a large skillet, heat oil over medium-high heat (by slightly opening the SuperSaver air regulator); add chicken and garlic. Cook and stir until chicken is brown. Add the chicken stock, vinegar, water and dried oregano.
- 3. Bring to a boil; reduce heat by closing the SuperSaver air regulator. Simmer, covered, for 10 minutes. Stir in the sliced red pepper.
- 4. Serve to your family and friends, if desired, sprinkle with parmesan cheese and see them enjoy and want more!