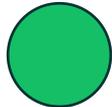




Marbella-Style Chicken with Olives & Dates



Inspired by classic Mediterranean flavours, balancing savoury, sweet, and tangy notes. We use chicken thighs for this dish—not only are they tender and juicy, but their richer flavour stands up beautifully to the briny olives and caramelised dates. While thighs are often seen as a humble cut, in dishes like this they shine, bringing depth and succulence that elevate the whole plate.

Ingredients

- Chicken Thigh meat
- Basmati Rice
- Garlic
- Dates
- Fresh Parsley
- Dried Oregano
- Green Olives
- Red Wine Vinegar
- Capers
- Chicken Stock Cube

Your Pantry

- Olive Oil
- Salt
- Pepper

Nutritional Info

Calories: 994 kcal
Carbohydrates: 89 g
Protein: 69 g
Fat: 41 g

Allergens

Sulphates (Red Wine Vinegar)
Celery (Stock Cube - may also contain traces of Egg, Soybeans & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Preheat the oven to 180°C

2) Prepare the ingredients

Cut the dates into quarters. Peel and finely slice or crush the garlic. Cut the olives in half. Finely chop the parsley.

3) Make the chicken mix

Score the chicken skin with a knife. Then add the chicken to a large bowl with a drizzle of olive oil, the capers, olives, dates, red wine vinegar, dried oregano, and garlic. Break up about a quarter of a stock cube per person and add this into the mixture as well. Season with salt and pepper and mix everything well coating the chicken.

4) Bake the chicken

Arrange the chicken mixture across a baking tray or dish. Place in the oven for about 25 - 30 minutes cooking until the juices run clear and basting a couple of times during the process. While the chicken cooks move on to the next step.

5) Cook the rice

Rinse the uncooked rice in a sieve with cold water until the water runs clear. Place the rice, along with 120ml of water per person portion into a saucepan with a small pinch of salt. Place the saucepan on high heat and bring to the boil. Boil for two minutes, then turn down the heat and cover the saucepan with a tight lid or tin foil. Cook for 12 minutes (do not lift the lid!). Remove from the heat and leave with the lid on for 5 minutes before fluffing up with a fork.

6) Serve the dish

Plate the rice and spoon over the chicken mix. Garnish liberally with the fresh parsley and enjoy!



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