



Chicken Zatar

Ingredients

2 skinless/boneless chicken breasts cut into strips (Like fajitas) and coat with olive oil
(substitute 1 package of extra firm tofu for vegetarians)

For the Dry Rub:

1 teaspoons ground thyme
1 teaspoons ground marjoram
1 teaspoons ground oregano
1 teaspoons roasted sesame seeds
1 teaspoons salt
1 lemon zested and juiced

For the Sauce:

2 Tablespoons olive oil
3 garlic cloves, minced
1 yellow onion, sliced
1 tomato, seeded & small dice
½ cup white wine
¼ cup sundried tomatoes, julienned
¼ cup capers
¼ cup Kalamata olives, sliced
2 Tablespoons pine nuts
Salt and Pepper to taste

Method

1. Butterfly the chicken breasts and slice into strips. (For vegetarian option: press your tofu with either a tofu press or place something heavy on top. Press for at least 15 minutes, the longer the better. Then cut the tofu into cubes).
2. In a large mixing bowl, toss the chicken strips or tofu in olive oil.
3. Toss the chicken or tofu with the dry rub and coat evenly.
4. Let chicken or tofu rest for 10 minutes while you prepare the ingredients for your sauce.
5. When ready, heat a large sauté pan over medium-high heat for 2 minutes.
6. Add the chicken or tofu and cook until golden brown and cooked through.
7. Add the 2 Tablespoons of olive oil.
8. Add the garlic and onions and cook until the onions begin to soften, about 4 minutes.
9. Add the seeded/diced tomatoes (not the sundried tomatoes), and cook for another 3 minutes, until the tomatoes are soft.
10. Add the wine and allow the ingredients to simmer until the wine is almost entirely reduced.
11. Add the sundried tomatoes, caper, olives and toss to combine.
12. Serve on a large plate or platter and garnish with toasted pine nuts.