



Cast Iron Mediterranean Chicken

Serves 6

6 bone in and skin on chicken thighs
1-pound par cooked small red potatoes
12 ounces String beans, cut into bite size pieces
½ cup Kalamata olives, drained and chopped in half
1 Yellow onion, chopped
1 cup Cherry tomatoes
3 Garlic cloves, chopped
½ cup Chicken stock
Olive oil
Feta cheese

Seasoning mix

1 teaspoon Dried rosemary
1 teaspoon Dried oregano
½ teaspoon Dried lemon peel
1 teaspoon Kosher salt
2 teaspoons Ground black pepper
½ teaspoon Granulated garlic
Pinch Red chili flake

Food Prep

1. On a tray place your chicken thighs skin side up, drizzle each piece with olive oil, turn pieces over and repeat. Sprinkle seasoning mix on both sides of the chicken and set aside.
2. Chop your bell peppers, onions, garlic and place in a bowl add the potatoes to the bowl.
3. Place the tomatoes and olives in a small bowl and set aside.

Dutch Oven Cooking Prep

Once your campfire logs have burned down and you are able to hold your hand over the coals for about 6-8 seconds you are ready to cook. Carefully place the Dutch oven on a

trivet or heat stand. Place the hot coals in a circle pattern around the base of the Dutch oven. Allow to pre heat for 10 minutes.

Cooking Instructions

To the hot Dutch oven carefully add in 2 tablespoons of olive, add your chicken, skin side down to the hot oil and sear for 3 minutes. Turn the chicken over and sear the other side for 3 minutes. Remove chicken and place on a clean tray and cover with foil. Add your potatoes and vegetables, sprinkle ½ teaspoon of seasoning over the vegetables, mix then cook for 5 minutes. Add the seared chicken back to the pan along with the vegetables. Add in the tomatoes, olives, garlic and chicken stock. Cook for 10 minutes. Give the chicken and vegetable a good stir, then cook 10 more minutes. Check the internal temperature of the chicken, 165 degrees F is your target. Once the chicken is at temp remove the cast iron from the heat and sprinkle the feta cheese over the top and some fresh chopped parsley. Serve right away.

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