



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Baked Chicken With Garnish

Fırında Terbiyeli Tavuk



2.2 pounds chicken fillet, boneless  
3 banana peppers  
1 onion, medium size  
2 tomatoes, medium size  
3 garlic cloves  
1 tbsp + 1 tsp crushed red pepper  
1 tsp oregano  
1 tsp curry

- # Chop the fillets into cubes, put in a bowl.
- # Add oil, chopped onion, sliced garlic, black pepper, crushed red pepper, oregano, curry and salt.
- # After mixing all of them very well add banana pepper which is chopped little bigger pieces, and stir.
- # Let it stand in fridge's lower layer at least 2 hours. (If you prepare 1 night earlier it will be more delicious)
- # When the time's up get it from the fridge, add peeled and chopped into cubes tomato. Transfer the mixture to the oven tray. And smooth its surface.
- # Set the oven to 210 C (F 410) and cook until its colour turns pink. (30 -35 minutes)
- # After it gets cooked turn off the oven and rest the meal in oven for 5 minutes without uncapping. Serve hot.

Note: The cause of adding tomato just before cooking is for holding its colour and shape.