

Cacciatore chicken

Ingredients

- 1 (½) onion, thinly sliced
- 2 (1) garlic cloves, sliced
- 1 (½) tsp olive oil
- 400g (200g) can chopped tomato
- 2 (1) tbsp chopped rosemary leaves
- 4 (2) chicken breasts
- small handful basil leaves
- favourite seasonal vegetables, to serve (optional)



Method

1. Fry the onion and garlic in the oil until softened. Add the tomatoes, rosemary and seasoning, and cook for 10-15 mins until thickened.
2. Heat oven to 180C/160C fan/gas 4. Put the chicken on a baking tray, top with the sauce and bake for 15-20 mins until cooked through. Serve scattered with basil, with your favourite veg, if you like.

Notes

For 2 people, (1 person in parenthesis).

Jazz up chicken breasts with an Italian tomato sauce with rosemary and garlic, baked like a casserole - it's a healthy choice, too.

kcal	fat	saturates	carbs	sugars	fibre	protein	salt	serves
171	2g	1g	6g	4g	2g	32g	0.3g	4

PREP: 10 MINS

COOK: 45 MINS