



Serves: 4

# Tomato Herb Chicken

## Ingredients

- Chicken breasts 400g
- Lemon juice 3 tbsp
- Tomatoes 2
- Parsley, chopped 20g
- Olive Oil 1 tbsp
- Salt & pepper, to taste

### Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- Cooking carrots and tomatoes helps to release their phytochemicals, thus making them more available for absorption by the body.

## Method

- Wash and pat dry chicken breasts.
- Season with salt, pepper and some chopped parsley.
- Brush lemon juice and olive oil over chicken breasts.
- Put chicken in a dish, cover with plastic wrap and refrigerate for 30 minutes.
- In a preheated oven at 130°C, bake chicken breasts for around 20 minutes.
- Add thinly-sliced tomatoes on top and bake for another 5 minutes.
- Garnish chicken breasts with the remaining fresh chopped parsley. Serve hot.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 158kcal  
Protein 23.8g  
Total fat (g and % of total calories)  
4.9g (28%)  
Saturated fat 0.82g  
Cholesterol 58.0mg  
Carbohydrate 4.2g  
Dietary Fibre 0.9g  
Sodium 219mg