



Herb Baked Chicken With Tomatoes



Lower in Sodium

Ingredients



Prep time
35 mins



Cook time
20 mins



Serves up to
4 pax

- 400g whole chicken breasts
- 3 tbsp lemon juice
- 1 tbsp healthier oil
- A pinch of lower-sodium salt
- A pinch of pepper
- 1 box cherry tomatoes, halved
- 20g parsley, chopped

Steps

01 Place chicken breasts in an oven-proof dish and brush with lemon juice and healthier oil.

02 Season lightly with lower-sodium salt and pepper.

03 Cover and leave aside to marinate for 30 mins.

04 In a pre-heated oven at 130°C, bake the chicken breasts for about 20 mins.

05 Top with cherry tomatoes and bake for another 5-10 mins.

06 Garnish with fresh parsley and serve hot.

Make it healthier!



Lower in Sodium

Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.



Use herbs and spices or umami-packed ingredients, such as tomatoes, instead of salt, for added depth of flavour.



Grilling or baking, instead of deep-frying, is a great way to cook tasty dishes that are healthier and lower in fat.



Leaner cuts of meat, such as chicken breast, lean pork and beef, are flavourful and lower in fat. Remove visible fat from meat before cooking to further reduce saturated fat content.