Dinner

Cheesy Tomato Topped Chicken

Butterflied chicken breast is pan browned, baked until cooked through, then finished with a rich tomato sauce and melted Cheddar. A cherry tomato and fresh basil on top bring all the flavours of a pizza to the plate.

50 min	328	12 g	10 g
time	calories	carbs	sugars



Gluten free | Nut free

Ingredients, 1 serving

- [ ] ½ small red onion, finely chopped
- [ ] ½ red pepper, deseeded and chopped
- [ ] 1 small garlic clove, crushed
- [ ] Low-calorie cooking spray
- [ ] 2 on-the-vine tomatoes, chopped
- [ ] 1 tbsp canned chopped tomatoes
- [ ] 1 tsp tomato purée
- [ ] 1 tsp dried oregano
- [ ] 1 skinless and boneless chicken breast
- [ ] 40 g reduced-fat Cheddar, grated
- [ ] 1 cherry tomato, halved
- [ ] 1 tsp finely chopped fresh basil

Method

- [ ] **1** Start the sauce by spraying a small non-stick saucepan with a couple of pumps of low-calorie cooking spray, then soften the finely chopped red onion, the deseeded and chopped red pepper and the small crushed garlic clove in it for a few minutes. Tip in the chopped on-the-vine tomatoes along with the canned chopped tomatoes, the tomato purée and the dried oregano, and let everything bubble away for 5 minutes before taking the pan off the heat and setting it aside.
- [ ] **2** At this stage, switch the oven on so it comes up to 220°C/fan 200°C/gas 7.
- [ ] **3** Take the skinless and boneless chicken breast and slice sideways through its middle, stopping before the knife reaches the far edge, then open the cut out so the breast lies flat in a butterfly shape.
- [ ] **4** Coat the base of a non-stick frying pan with a couple of pumps of low-calorie cooking spray and warm it over a medium heat. Lay in the butterflied chicken and let both sides take on colour, then move it to a non-stick baking tray and bake for 15-20 minutes. It is ready once no pink remains in the flesh and a skewer pushed into the thickest part releases clear juices.
- [ ] **5** Bring the tray back out and spoon the tomato sauce over the chicken, then scatter the grated reduced-fat Cheddar on top and settle one half of the cherry tomato over it. Return everything to the oven for 5 more minutes so the Cheddar can melt.
- [ ] **6** Scatter the finely chopped fresh basil over the finished chicken and bring it to the table while hot.

Nutrition Facts

Per serving

Calories	**328**
Total fat	8.9 g
Saturated fat	4.5 g
Sodium	Not listed
Total carbs	12 g
Fiber	4.3 g
Total sugars	10 g
Protein	46 g

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