

ONE-TRAY TOMATO & LEMON BAKED CHICKEN

This is a simple, tasty and nutritious dinner for entertaining, hosting a family get together, or preparing your week-night meals.

NORMAL	15 MINS	35 MINS	4 SERVES

Ingredients

- 4 chicken breasts
- 1/2 lemon, sliced
- 1/2 lemon, juiced
- 2 tbsp extra virgin olive oil
- 1 garlic clove, minced
- 1 tbsp tomato paste
- Pinch of salt
- 2 tbsp oregano leaves
- 1/2 tsp ground pepper
- 500 g cherry or baby Roma tomato
- 1/2 cup mixed olives or kalamata olives
- 2 bunches of broccolini

Instructions

1. Preheat the oven to 180C.
2. On a large baking tray, place the olives and the tomatoes next to each other.
3. In a bowl, toss the chicken in the rest of the ingredients to coat.
4. Lay the chicken breasts in the centre of the tray on top of some of the olives.
5. Cover the chicken breasts with slices of lemon.
6. Sprinkle with salt and pepper.
7. Roast for 20-30 mins until the chicken is cooked through, check every 15 mins. For the last 5 mins add the broccolini to the roasting tray.
8. Serve the chicken with veggies and drizzle the pan juice over the top.