



SERVES: 4

SPAR 

BETTER CHOICES

Eat well, Live better

PREPARATION TIME: 40 minutes

COOKING TIME: 25 - 30 minutes

INGREDIENTS:

- 6 Tablespoons balsamic vinegar
- 125g low oil Italian salad dressing
- 1 teaspoon Italian herbs
- 2 cloves garlic, minced
- 4 skinless chicken breasts
- 1 Tablespoon olive oil
- 1 large head of broccoli (350g)
- 150g baby carrots
- 250g cherry tomatoes
- Pepper to season

METHOD:

1. Preheat the oven to 200C/180C fan oven/Gas mark 6.
2. Brush a large oven dish with olive oil.
3. Mix the balsamic vinegar, minced garlic, herbs and salad dressing together.
4. Cut chicken breasts to get 4 long thin slices from each breast. Place half the balsamic vinegar and salad dressing mixture in a bowl and add the chicken strips, mixing thoroughly. Allow to marinate in the fridge for at least 30 minutes.
5. Break the broccoli into florets. Slice the baby carrots in half.
6. Place chicken pieces, vegetables, herbs and pepper into the oven dish and bake for 15 minutes.
7. Remove from oven, stir around and add the rest of the salad dressing mixture. Re-turn to oven to cook for a further 10-15 minutes until chicken is cooked through and vegetables are soft.

ENJOY!

TIP!

If you wish to add carbohydrate to your meal you can add baby potatoes to the dish in the beginning, or serve with brown rice