



Recipe Category / Chicken and Turkey

Roast chicken (light)

15'

Hands on

20'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 4 chicken breast fillets
- salt
- pepper
- 2 tablespoons olive oil
- 3 tomatoes
- 2 tablespoons parsley, finely chopped + extra for serving
- 2 tablespoons fresh thyme, only the leaves + extra for serving
- 300 g mozzarella, grated

Διατροφικός πίνακας

Nutrition information per portion

378 Calories (kcal)	21.0 Total Fat (g)	11.0 Saturated Fat (g)	2.9 Total Carbs (g)
19%	30%	55%	1%
2.9 Sugars (g)	43.0 Protein (g)	1.0 Fibre (g)	1.6 Sodium (g)
3%	86%	4%	27%

Method

- Preheat oven over 180°C (355* F) Set to Fan.
- Add the chicken fillets to a **owl**. Add salt and pepper and mix with the olive oil.
- Heat a **pan** over medium heat.
- Sauté the fillets for 3-4 minutes on each side in two batches until golden.
- Remove from pan and transfer to a 25x35 cm **baking pan**. Repeat the process for the other two fillets.
- Grate two of the tomatoes in a bowl. Cut the third tomato into cubes after removing its seeds. Add it to the bowl with the other two tomatoes.
- Add salt, pepper, parsley and thyme.
- Mix and add the grated tomatoes on top of the fillets.
- Sprinkle with the mozzarella and bake for 15-20 minutes until the cheese melts and the fillets are done.
- Remove from oven and serve with finely chopped parsley and thyme.