



CHICKEN PARMESAN



Serves 2
Calories 540

Ingredients

2 chicken breasts

340g tomatoes, sliced

20g mozzarella cheese, grated

1 tbsp parmesan cheese, grated

100g wholewheat pasta (any shape)

1 garlic clove, crushed

300g green beans

2 tsp rapeseed oil

½ tsp dried oregano

1 pinch chilli flakes (optional)

Method

Preheat oven to 200C / 180C fan / gas mark 6

Place pasta in a pot of boiling water and simmer over medium heat for approximately 10-12 minutes until cooked

Add 1 teaspoon of oil and the tomatoes into a pot over medium heat

Add the crushed garlic and cook for about 1 minute being sure not to let it burn

Bring sauce to a simmer

Cook for a further 8 - 10 minutes until sauce thickens



Toss the chicken with remaining rapeseed oil and oregano in a bowl

Put the chicken in an oven proof baking dish and cover with foil

Cook for 20 - 30 minutes until chicken is cooked through

Steam the green beans for approximately 3 minutes until tender

Place chicken on a plate, top with mozzarella and place tomato mixture on top

Sprinkle the grated parmesan on top and serve with pasta on the side