

## Spring Chicken with Tomato & Basil



**Ingredients (Serves 2-3):** 2 chicken breasts <500g, 8-10 cherry tomatoes, 1 bunch of basil leaves, salt and pepper, olive oil

**Preparation:** <1 hrs cooking time (based on exact weight of the chicken).

1. Pre-heat oven to 180-190C
2. Prepare an oven-proof dish with a small amount of olive oil to cover the tray.
3. Place the chicken breasts in the dish.
4. Wash and half the tomatoes place in the dish around and over the chicken.
5. Lastly roughly chop the basil leaves and sprinkle across the chicken and tomatoes.
6. Cover with baking paper / foil for the first 30-40 minutes to help cook the meat evenly, and place the dish in the oven. Remove the paper after 40 mins.
7. Once the cooking time is complete check the meat with a large skewer by inserting it into the centre of the meat and seeing if the juices that escape are clear. If there is any sign of blood return to the oven and cook for a further time. Repeat this same process until cooked through.