

Roast Chicken Provencal Tray Bake

INGREDIENTS

- 1 Chicken Skinless breast, weighing approximately 120g (4oz) chopped into bite size pieces
- ¼ tsp olive oil
- ½ tsp balsamic vinegar
- 2 garlic cloves, skins left on and crushed with the back of a knife
- 7 cherry tomatoes, sliced in half
- 1 leek, diced
- 1 tsp capers, drained
- ½ tsp dried oregano
- Half lemon
- Black Pepper
- 40g (1½ oz) watercress, tough stalks removed.



DIRECTIONS

Preheat the oven to 200°/C400°F/ Gas Mark 6

Put all of the ingredients (apart from the watercress) in an ovenproof dish and toss to combine all of the flavours.

Season with Black pepper and roast in the oven for 20 minutes, until the chicken pieces are cooked through and the ingredients are golden. Squeeze over the juice of the roasted lemon and serve immediately with the watercress.

Serves 1: Calories 197 carbohydrates 8g

Protein 32g

Fibre 6g

Salt 0.4g

