

Chinese 5 Spice Chicken

Makes: 4

Ingredients

4 Chicken breasts
1 Tsp oil
2 Tsp Chinese 5 Spice



Instructions

Pre heat oven to 180C/350F/Gas 4

Place chicken breasts in a bowl with oil and Chinese 5 spice and mix together until the chicken is fully coated.

Wrap coated chicken in tinfoil, folding over the edges making a parcel to keep in the juices.

Bake in the oven for 20-30 minutes until the middle of breasts are cooked.

Serve hot or cold with salad or stir fried veg.

Nutrition information:

Each Serving: each breast (approx. 100g cooked)

Kcal	175
Fat	0.6g
Net Carbs	0.4g
Protein	31g

