



# Chicken Parmigiana

SERVES 4

## INGREDIENTS

1 aubergine, sliced lengthwise  
(approximately same width as chicken)  
Olive oil spray  
1 tbs lemon juice  
200g cherry tomatoes, halved  
1 garlic clove, crushed  
Salt & pepper to taste  
480g chicken breast fillet  
Fresh basil leaves  
Lemon wedges to serve

## METHOD

1. Heat a grill plate over medium heat and spray with olive oil. Grill the aubergine on each side until tender. Remove and pour the lemon juice over.
2. In a bowl combine the tomatoes, garlic, salt and pepper. Spray the chicken fillets with olive oil and place on the heated grill plate. Cook for 3-4 minutes on each side or until cooked through.
3. Serve the aubergine topped with the chicken, tomatoes and basil leaves.
4. Serve with vegetables or salad

