



Chicken with Oven Roasted Tomatoes

SERVES 4

INGREDIENTS

4 Roma tomatoes, halved
2 tablespoons extra virgin olive oil
Salt and pepper
1 teaspoon dried oregano
4 x 120g chicken breast, skin and bones removed (females)
4 x 220g chicken breast, skin and bones removed (males)
1 clove garlic, crushed
½ teaspoon of paprika
1 teaspoon of thyme
½ cup chicken stock
¼ teaspoon chilli flakes
250g asparagus, steamed
1 lemon rind, grated

METHOD

1. Preheat oven to 180°C.
2. Place tomatoes cut side up on a baking tray and drizzle with olive oil. Season with salt, pepper and dried oregano and bake for 30-35 minute.
3. Cook chicken in a lightly oiled pan for 10-15 minutes or until cooked through.
4. At the same time place garlic, paprika, thyme, chicken stock and chilli flakes in a small saucepan over high heat. Bring to the boil then reduce to a simmer and leave for 8-10 minutes or until the liquid has reduced by half.
5. Divide the steamed asparagus between each plate, top with the chicken and two tomato halves. Drizzle with the warm chilli dressing.
6. Garnish with extra lemon rind.

