

Rosemary Chicken Traybake

(Serves 4)

Ingredients

- 800g Chicken Breast fillets
- 1 tbsp Rosemary, fresh, chopped
- 2 Garlic cloves, crushed
- 4 tbsps Oil, olive, napolini
- 2 Lemons, sliced
- 4 sprigs Rosemary, fresh
- 1 Aubergine
- 200g Onions, red, thickly sliced into chunks
- 400g Courgettes, thickly sliced into chunks
- 100g Mushrooms, button, halved
- 2 med Peppers, red, deseeded & cut into thick chunks
- 1 med Pepper, yellow, deseeded & cut into thick chunks
- 2 med Peppers, green, deseeded & cut into thick chunks
- 160g Tomatoes, cherry, whole

Preparation

1. Slash top of chicken breast fillets with a sharp knife. Mix the 1 tbsp rosemary, garlic & oil together.
2. Brush some of the flavoured oil over chicken breasts, cover & chill for 15 mins. Bring back to room temperature.
3. Heat oven to 200°C/400°F/Gas Mark 6(180° fan). In a large roasting tin, heat remaining rosemary, garlic & oil mix.
4. Put chicken in roasting tin, with slices of lemon above & below chicken. This will help to keep chicken moist.
5. Top each breast with a sprig of rosemary. Cook for 10 mins.
6. Boil pan of water. Cut aubergine into thick chunks & blanch in the boiling water for 2 minutes. Drain.
7. Toss aubergine, onions, courgettes, mushrooms & peppers in the hot oil around the chicken.
8. Roast chicken & vegetables for 15 mins.
9. Add cherry tomatoes & cook for a further 5 minutes.
10. Once chicken is cooked thoroughly, remove lemons & rosemary sprigs. Serve.

TOP TIP: When serving, squeeze the juice from the warm lemon slices over chicken for extra flavour & moisture.

NUTRITIONAL VALUES

PER SERVING

Calories 524

Total Sugars 13.56g

Total Fats 18.25g

Saturated Fats 3.22g

Salt 0.29g

Fruit & Veg 6