



Caprese Chicken

You need:

- 20g basil leaves
- 1x chicken breast fillet (+/- 125g)
- ½ tomato (sliced)
- 20g mozzarella (sliced)
- ½ tbsp oil
- spices

Calories/s:

380

Cooking time:

15 – 20 min

Prep time:

5 min

Servings (s)

1

Method:

- Preheat the oven to 180°C.
- Rub the chicken breast with oil and add spices.
- Place in an oven dish. Add the mozzarella slices on top.
- Top with tomato slices and basil.
- Bake for 15-20 min -until cooked throughout.
- You can decide to bake the basil (I love the flavour) or just add as garnish.

Note: prepare 4 portions and use throughout the week.

Nutrition Facts

Serving Size

per meal

Per serve

Energy	1590 kJ 380 kcal
Protein	43.18g
Carbohydrates	4.05g
Sugar	1.80g
Fat	20.65g
Saturated Fat	6.217g
Polyunsaturated Fat	3.054g
Monounsaturated Fat	9.876g
Cholesterol	115mg
Fiber	1.5g
Sodium	601mg
Potassium	561mg