

Recipe – Summer Chicken

Equipment

A large frying pan (preferably non-stick), chopping board, sharp knife & tablespoons

Ingredients

2tbsp vegetable oil
4 chicken breasts
200g cherry tomatoes
3tbsp fresh green pesto
3tbsp crème fraîche
fresh basil (optional)
salt & pepper

Method

1. Heat one tablespoon of oil in the frying pan over a medium high heat. When the oil is hot carefully add the chicken and fry without moving it until it takes a bit of colour.
2. Turn chicken and continue to cook on the other side. Cook in total for between 12 – 15 minutes until chicken is cooked.
3. Season all over with salt & pepper.
4. Halve tomatoes and put into pan stirring it until tomatoes start to soften.
5. Reduce heat and add pesto and crème fraîche until it makes a sauce.

Great served with boiled rice, jacket / mash potatoes & veg or even salad and a sprinkle of basil leaves.

Why not try replacing the chicken with vegan / Quorn chicken for a veggie option.