

Herb and Garlic Baked Chicken

Ingredients

4 skinless chicken breasts, trimmed of all fat

A handful of chopped herbs such as tarragon, sage, parsley

3 garlic cloves crushed

Oil spray

600-650g stir fried vegetables (choose from onions, peppers, mushrooms, shredded cabbage, lightly boiled vegetable batons, canned kidney beans- these are available in ready prepared packs in most supermarkets)

Method

1. Combine the garlic and herbs together.
2. Make 3-4 shallow cuts in the chicken breasts. Stuff with the garlic and herb mixture.
3. Spray a baking tray with the oil spray. Add the chicken and spray again.
4. Lightly cover with foil to stop it burning or drying out in the oven.
5. Cook for 30 minutes at 200C/400F/Gas 6 or until the juices run clear when a skewer is poked into the chicken.
6. Lightly coat a frying pan with oil and water spray. Heat the pan, add the vegetables and cook for a few minutes until tender.
7. Serve with the chicken.