

Easy Italian chicken

Quick and healthy, this simple version of an Italian favourite is full of flavour.



Serves: 2

Time: 50 minutes

Ingredients

- 2 raw chicken breasts
- 2 tins of chopped tomatoes
- 10 mushrooms, sliced
- 2 teaspoons dried Italian herbs
- 2 teaspoons Worcestershire sauce
- freshly ground black pepper

Method

1. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Put all the ingredients into an ovenproof dish, mix thoroughly and bake in the oven for 40 minutes or until chicken is cooked through

Tip: Serve with a baked potato or boiled pasta.

Nutritional Information

Each serving provides	Amount in grams
Energy	1081 kilojoules/256 kilocalories
Fat	4
Saturates	1
Sugar	16.7
Salt	0.56

Typical values per 100g: Energy 178kJ/42 kilocalories

The nutritional information stated above is based on each serving of Easy Italian Chicken and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).