

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Tray-Baked Chicken

From "Meals in Minutes" by Jamie Oliver

We really enjoyed this dish. It was simple and easy to prepare. Make sure you use bacon that is nitrate-free. I mean, who doesn't like roasted tomatoes that taste like bacon?

Serves 4

Dried oregano
Sweet paprika
A pat of butter
4 x6-ounce skinless boneless chicken breasts
1 lemon
2 ounce cherry tomatoes
4 slices bacon
A couple of sprigs of fresh rosemary

1. Preheat broiler.
2. Heat a large frying pan to high heat. Get out a large sheet of parchment paper. Sprinkle over a good pinch of dried oregano, salt and pepper, and paprika, then drizzle over some olive oil. Lay the chicken breasts on top of the parchment paper and roll them in the flavors.
3. Add a lug of olive oil and the pat of butter to the hot pan.
4. Add the chicken to the hot pan and sauté for 4-5 minutes, or until golden on both sides.
5. Quarter lemon and place in a roasting pan along with the tomatoes. Tip in the chicken breasts and any juices from the pan. Use tongs to arrange everything nicely, and then lay the bacon on top of the chicken breasts.
6. Put the frying pan back on a medium heat, add the sprigs of rosemary to the pan, and move them around so that they get coated in the juices. Pop them into the pan then put the pan under the broiler for at least 14 minutes.
7. To serve: take the pan of chicken out from under the broiler. Check the breasts are cooked through, then take straight to the table.

Bonus: To make some squashed potatoes go along with the chicken: wash 1 ½ pounds small red-skinned potatoes or baby white potatoes, then halve lengthwise (or leave whole if using baby white potatoes), add to a medium sauce pan with a pinch of salt and cover with water. Bring water to a boil and cook for 12-14 minutes, or until cooked through. Next, use the empty frying pan from the chicken and add a couple of lugs of olive oil and leaves from a few sprigs of rosemary to the empty pan. Put the potatoes on top of the herbs in a flat layer, drizzle over some olive oil, and sprinkle over some salt. Crush in 6 peeled cloves of garlic, then turn the heat up to high. Get a flat lid from a smaller pan and really press down so you burst and squash the potatoes. Leave to color, then toss after about 3 minutes and squash down again.