



IMELDA'S MEDITERRANEAN MOZZARELLA CHICKEN

375Kcal

Serves 1

Cook time 35 mins

INGREDIENTS

1 tbsp Olive oil
Half an onion chopped
1 Garlic glove thinly sliced
200g tinned tomatoes
Fresh basil chopped roughly
150ml Vegetable stock
125g Skinless chicken breast
30g Mozzarella cheese, shredded

DIRECTIONS

Heat the oil in a pan.
Add the onion and garlic and cook until softened
Add chopped tomatoes, basil and stock and bring to the boil.
Reduce heat and allow to simmer for five mins, stirring occasionally.
Flatten the chicken breast until it's even at one quarter of an inch in thickness.
Place in an oven proof dish.
Cover with sauce and sprinkle the mozzarella cheese on top.
Cook for 20 mins at 190 degrees,