



Mediterranean chicken bake

Seriously the quickest midweek meal you'll ever make. Serves 4. Per serve: Cal: 410; Fat: 20.6g; Pro: 46.3g; Carbs: 7.4g

Serves: 4, Prep time: 00:10, Cook time: 00:30

Instructions

Preheat oven to 170 degrees. Place chicken breasts in a shallow baking dish. Spread pesto evenly on top of the chicken breasts.

Layer the spinach leaves on top of the chicken and pesto.

Slice the pepper, artichoke and tomato and place evenly on top of the spinach leaves, and crumble the feta on top.

Grate the parmesan cheese and spread evenly on top of the dish.

Bake in oven for 25-30 minutes until golden on top and chicken is cooked through.

Enjoy!

Ingredients

- 500 grams Chicken breast (1 lb 1.5 oz)
- 3 tablespoon Basil pesto (from olive oil)
- 60 grams Baby spinach leaves (2 oz)
- 2 Truss tomato
- 1 Capsicum, Red, raw
- 100 grams Artichoke (3.5 oz)
- 100 grams Cheese, Feta (3.5 oz)
- 1 cups Parmesan cheese