

Herb and Spice Crusted Baked Chicken Breasts, 180 calories *



Prep time: 5 minutes Cook time: 25 minutes Total time: 30 minutes

- 2 x 150g skinless and boneless chicken breast fillets
- a few sprigs of parsley, basil or oregano (very finely chopped)
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- low fat cooking spray
- 250ml vegetable stock
- salt and pepper to taste
- a little chilli powder (optional)

Step 1 Pre-heat oven to 200C/400f/Gas Mark 6. Make shallow cuts in the chicken with the tip of a sharp knife and place the chicken breasts in a non-stick baking tray/tin.

Step 2 Mix the herbs and spices together in a small bowl and then spread the mixture all over the chicken breasts with your hands, patting the mixture in to the cuts on the chicken. Spray a little low-fat spray over the top and then pour the stock into the tray around the chicken, but NOT over the top.

Step 3 Bake for 20 to 25 minutes, or until the chicken is cooked through and the herb and spice mix is golden brown and slightly crispy. Cut the chicken into slices, and serve with salad. Or, serve with the juices poured around the chicken with seasonal vegetables, rice or pasta.