

## HERBY CHICKEN WITH BACON

Serves 1

Per serving: 283 calories, 2.3% fat  
(excluding accompaniments)

Prep time: 20 mins

Cook time: 30 mins

## INGREDIENTS

1 skinless chicken breast  
2-3 fresh basil or sage leaves  
1 rasher lean back bacon  
course ground black pepper

*For the dressing:*

150ml cloudy apple juice  
1 tbsp low-fat mayonnaise  
1 garlic clove, crushed  
2 tsps cider vinegar  
1 tbsp freshly chopped parsley  
black pepper

## METHOD

1. Preheat oven 200°C, 400°F, Gas Mark 6. Place the chicken breast on a chopping board and season on both sides with black pepper. Make an incision to form a pocket in the side of the fillet. Place the herbs inside, then wrap the outside with bacon.
2. Place on a non-stick baking tray and cook uncovered for 25-30 minutes until fully cooked.
3. Place all the dressing ingredients together in a small jar, screw on the lid and shake until combined. Cut the chicken in half to check that it is cooked right through to the centre.
4. Serve with a salad drizzled with the dressing and thick balsamic vinegar.

