

One-Pan Chicken Caprese Salad



You'll have the dinner cooked and washing up done in no time with this quick and easy one pan dinner.

15 mins

7 ingredients

\$4.20 / person

Gear



Oven



Frying Pan

Ingredients

Serves = 4

2 tbsn extra virgin olive oil

3 tsp mixed dried herbs

2 large chicken breasts, cut in half lengthways

300g mixed, cherry or heirloom tomatoes, cut in half

4 bocconcini cheese (or equivalent of buffalo mozzarella), sliced up

1/3 cup fresh basil

1/2 medium avocado, sliced

It's this easy

- Heat 1 tbsn olive oil in a frying pan over a medium-high heat, add the chicken and mixed dried herbs and cook for 5 minutes or until browned, turning to cook both sides
- At this point transfer chicken to an oven tray if your frying pan is not oven proof
- Add the tomatoes, bocconcini and the rest of the olive oil to the pan with the chicken
- Place in a hot oven (180°C) or under a grill for about 4 minutes or until the cheese melts and the tomatoes blister

- Toss the fresh basil leaves through before serving, and top with avocado

Tweaks

- Add spring onion and garlic when cooking the chicken

Notes

Nutrition information (per serve):

- Energy (1612kJ)
- Protein (43.2g)
- Total fat (21.7g)
- Saturated fat (7.1g)
- Carbohydrate (2.1g); Starch (0.5g), Sugars (1.7g), Added sugars (0g), Free sugars (0g)
- Dietary fibre (3.8g)
- Sodium (175mg)
- Calcium (280mg)
- Iron (2.0mg)

Allergies

Contains: Dairy, FODMAPs.

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