

Preparation time: 1 day + 45 minutes Serves 2

Spicy Coriander and Parsley Chicken

This fragrant chicken dish is subtly flavoured with the refreshing zing of coriander and parsley. Omit bird's eye chillies for a non-spicy version..

INGREDIENTS

Chicken breasts	2, skinned
Cooking oil	1 tsp
Tomatoes	2, sliced
Salt	a pinch
Ground black pepper	a pinch
Dried oregano	a pinch

Seasoning

Coriander leaves (cilantro)	2 sprigs, bruised and coarsely chopped
Bird's eye chillies	3, finely chopped
Garlic	2 cloves, peeled and chopped
Paprika	a pinch
Salt	a pinch
Pepper	a pinch
Water	2 Tbsp
Parsley	(amount?)chopped

METHOD

- Prepare chicken a day in advance or at least 2 hours before. In a mixing bowl, combine seasoning ingredients and mix well. Add chicken breasts and rub seasoning in thoroughly. If preparing a day ahead, refrigerate and leave to marinate overnight.
- Preheat oven to 170°C (340°F).
- Lay tomato slices on a lightly greased baking tray. Sprinkle with salt, pepper and oregano. Bake for 10 minutes or until tomatoes start to blister, with juices running. Remove from heat and set aside to cool. Reduce oven temperature to 160°C (325°F) and keep warm.
- Heat a frying pan over medium-high heat. Sear chicken breasts on both sides for 30 seconds and transfer to a baking tray. Bake for 12 minutes or until tender.
- Arrange tomato slices on prepared serving plates and top with chicken breasts. Serve hot.

Per serve	
Calories	90 kcal
Carbohydrate	3.6 g
Fat	2.6 g
Cholesterol	28 mg
Fibre	1.0 g

