

High protein Hunters chicken



Serves

4 people

Prep Time

Cooking

Total Time

Calories

358 kcal

Stuff that's in it:

- 4 Chicken Breasts
- 200ml Tesco All American BBQ Sauce With Molasses (It's The Nicest And It's Only £1)
- 100g Unsmoked Bacon Lardons
 - 50g Red Onion, Chopped
 - 100g Red Eat Lean Cheese

What you do:

Pre heat your oven to 190c.

Add the chicken to a high sided baking tray, top with the sauce until it covers all of the chicken breasts.

Sprinkle over the onion and bacon lardons and cook for around 35-40 minutes.

Add the cheese and melt for around 10 mins until chicken is cooked through (temperature of chicken should be 75c).

Serve with corn, mash and peas or what ever you like!

Nutrition

- Carbs: 22g
- Fat: 7g
- Protein: 50g

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