

High protein Hunters chicken



Serves	Prep Time	Cooking	Total Time	Calories
4 people				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 190°C

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 75°C)

Nutrition

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

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