

Maple chicken breasts



Serves	Prep Time	Cooking	Total Time	Calories
4 people				232 kcal

Stuff that's in it:

- 4 Chicken Breasts
- 80G Tomato Sauce ((Less Sugar))
- 30Ml Maple Syrup
- 1 Tsp Sweet Paprika
- ½ Tsp Garlic Powder
- 1 Tbsp Olive Oil

What you do:

Flatten breasts between cling film, (thin enough to quick cook), mix all ingredients together and coat.

Ideal to place on a griddle pan.

5-7 minutes each side on a medium heat, ensuring cooked the way through 75°c or above, please check using a food thermometer.

Nutrition

- Carbs: 9g
- Fat: 5g
- Protein: 33g

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