

roasted chicken breast with cherry tomatoes & broccoli

Serves 1

COOK TIME: 20 minutes

1 Tbsp extra-virgin olive oil
1 chicken breast (around 4 oz)
1 broccoli stalk (or roughly 2 cups chopped florets)
Handful of cherry tomatoes, halved
1 green onion, sliced
¼ teaspoon sea salt
Freshly ground black pepper, to taste

PREHEAT oven to 415°F.

RUB olive oil over a quarter sheet baking pan.

PLACE chicken breast in the middle.

SEASON with salt and pepper.

ADD broccoli, cherry tomatoes and green onions.

DRIZZLE veggies with a little more olive oil.

SEASON with salt and pepper, to taste.

PLACE in the middle of the oven for 10 minutes.

FLIP the chicken and cook 10 minutes more, or until chicken breast is done (165°F).

ENJOY!

