

Peppery Barbequed Chicken

VITACRESS™

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Love your body™*

Preparation time: 10 minutes plus marinating time

Cooking time: 20–25 minutes

Ingredients:

1 x 85g bag watercress, chopped
1 small clove garlic, crushed
50g/2oz softened butter
4 boneless chicken breasts
salt and freshly ground black pepper

To serve:

Sliced tomatoes, lemon wedges
and watercress salad



Method:

Mix the watercress and garlic into the butter and season with plenty of ground black pepper and a little salt. Use your fingers to push a little of the butter under the skin of each chicken breast. Place in a shallow dish, cover with cling film and chill for up to 4 hours if time permits. To cook, place the chicken over hot coals or under a pre-heated grill and cook for 20-25 minutes, turning occasionally until the chicken is cooked through and the skin brown and crisp. Serve on a bed of sliced tomatoes with watercress salad and lemon wedges.

Nutrition:

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|---------------|-------|
| Portions | 4 |
| Calories | 265 |
| Fat | 14.3g |
| Saturated Fat | 7.8g |
| Carbohydrate | 1.5g |
| Protein | 32.6g |
| Fibre | 0.7g |
| Salt | 1.02g |