



## REST DAY MEAL

# Chicken and broccoli bake

## INGREDIENTS (1 serving)

- 10g (0.5oz) coconut oil
- 470g (16.7oz) skinless chicken breast, sliced in 1cm strips
- few sprigs of fresh thyme
- 165g (5.1oz) broccoli, cut into mini florets
- 200g (3.5oz) zucchini, sliced into 1cm half-moons
- 65g (2.2oz) cottage cheese
- 55g (1.9oz) cheddar cheese
- 70g (2.5oz) 0% fat Greek yogurt

**This bake will blow your socks off. It's packed with chicken, broccoli and gooey cheese. It might not win prizes for how it looks, but that's not going to bother you once you've tasted it.**

## METHOD

Preheat your broiler to maximum and put the kettle on to boil.

Melt the coconut oil in a non-stick pan over a high heat. Fry the chicken strips together with the thyme for 3-4 minutes until cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

While your chicken is cooking, grab a high-sided saucepan and fill it with boiling water. Cook the broccoli and zucchini for 3-4 minutes until they are soft. Drain and place to one side.

In a big bowl mix together the chicken, broccoli, zucchini, cottage cheese and half of the cheddar. Spoon this mixture into an oven proof dish. Sprinkle the rest of the cheddar over the top and slide it under the broiler, leave it for 5 minutes until the cheese is bubbling and golden.

Serve it with a dollop of yogurt. Boom!