



GENERAL MENU SET RECIPE OPTION

Hunters chicken

INGREDIENTS (1 serving)

FREEZABLE

- 3 strips turkey bacon
- 240g (8.6oz) skinless chicken breast
- 4 tsp BBQ sauce
- 35g (1.3oz) cheddar cheese
- 20ml (0.6 fl. oz) olive oil
- 10ml (0.4 fl. oz) vinegar
- Dijon mustard - optional/to taste
- 165g (5.8oz) cucumber, chopped
- a good handful of salad leaves
- 110g (3.9oz) tomato, chopped
- 95g (3.3 fl. oz) avocado, diced

Cheese, bacon and BBQ sauce, what is not to love about that combination? This is great hot or cold so make a few and have it for lunch when you're in a hurry.

METHOD

Preheat your oven to 200°C (fan 180°C, gas mark 6).

Lay your bacon down overlapping each other then gently press down with a rolling pin to make the bacon slightly longer. You are going to wrap this around the chicken.

Smother your chicken breast with BBQ sauce and wrap the bacon around the chicken. Lay on a baking tray and roast in the oven for 8-10 minutes. Sprinkle over the cheese then whack back in the oven for 2-3 minutes until the cheese is melted and the chicken is cooked through. Check by slicing into a larger piece of the chicken to make sure the meat is white all the way through with no raw pink bits left.

In a mixing bowl, mix together the oil, vinegar and mustard. Then add your cucumber, salad leaves, tomato and avocado. Pile the salad onto a plate and serve next to the chicken.