

High protein Hunters chicken



Serves	Prep Time	Cooking	Total Time	Calories
4 people				358 kcal

Stuff that's in it:

- 4 Chicken Breasts
- 200Ml Tesco All American Bbq Sauce (With Molasses (It'S The Nicest And It'S Only £1))
- 100G Unsmoked Bacon Lardons
- 50G Red Onion (Chopped)
- 100G Red Eat Lean Cheese

What you do:

Pre heat your oven to 190°C

Add the chicken to a high sided baking tray, top with the sauce until it covers all of the chicken breasts. Sprinkle over the onion and bacon lardons and cook for around 35-40 minutes. Add the cheese and melt for around 10 mins until chicken is cooked through.

(Temperature of chicken should be 75°C)

Nutrition

- Carbs: 22g
- Fat: 7g
- Protein: 50g

