



Mediterranean Chicken and Fresh Salad



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 50 MINUTES

INGREDIENTS

- 1 hand-sized Sweet Potato
- 1 palm-sized Chicken Breast
- 3/4 tbsp Olive Oil (divided)
- A generous handful Cucumber, chopped
- 4 Cherry Tomatoes, quartered
- 2 tbsp Red Onion, chopped
- A squeeze of Lemon Juice

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Pierce the sweet potato with a knife and place it on a baking sheet. Bake for approximately 50 minutes until easily pierced with a fork to the middle.
3. Place chicken on an oven safe rack and bake in the oven for 20-25 minutes until cooked through.
4. In a medium bowl toss together the chopped salad with lemon juice and a sprinkle of salt.
5. Serve baked chicken with sweet potato and cucumber salad.

AVERAGE NUTRITION INFO

Energy : 1837 kJ / 439 Cal

Fat : 15 g

Carbs : 34 g

Protein : 41 g

Fibre : 5 g

Sugar : 10 g

@Coachjenbrockwell

Jenbrockwell.com