

TIME MACHINE CHICKEN

Time: 60 minutes

Serves: 4

Ingredients:

900g boneless skinless chicken breasts
5g salt
10g homemade taco seasoning
250ml salsa
120g cheddar cheese - shredded

Preparation:

Preheat your oven to 190C.

Sprinkle the salt and taco seasoning evenly on both sides of the chicken.

Place chicken in a single layer in a baking dish just big enough hold it. Pour salsa evenly over chicken.

Bake for 40 minutes or until internal temperature reaches 74C.

Sprinkle cheese over chicken and return to oven until cheese is melted.

Remove from oven and serve immediately.

Nutritional Information Per Serving:

Calories: 429
Fat: 16g
Carbs: 5g
Fibre: 0g
Protein: 62g