

BALSAMIC CHICKEN BREAST

Time: 45 minutes (plus marinating time)

Serves: 10

Ingredients:

2.2kg boneless skinless chicken breasts
20g salt
150g balsamic vinegar
50g extra-virgin olive oil
2 cloves garlic - finely chopped or grated
2g dried basil
2g dried oregano
2g fresh ground black pepper

Preparation:

Place the chicken in a large bowl and sprinkle evenly with the salt. Toss the chicken breasts until the salt is dispersed evenly. Cover and refrigerate for two to four hours.

In a bowl, combine the remaining ingredients.

Pour the marinade mixture over the chicken and toss to coat evenly. Cover and refrigerate for ten to thirty minutes.

Discard the marinade. Cook the chicken on a high grill or under a high broiler, turning often until the internal temperature of the chicken reaches 74C.

Nutritional Information Per Serving:

Calories: 266 Fat: 6g Carbs: 0g Fibre: 0g Protein: 51g	Hand-Size Portion Guide Palms of Protein: 2 Fists of Vegetables: 0 Cupped Hands of Carbs: 0 Thumbs of fat: 0
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