

Breast of chicken with goat's cheese

You need:

600g Breast of chicken
4 Beef tomatoes
50g goat's cheese
100g spring onion
100g white bread (stale bread is best)
300g Basmati rice
Salt

To prepare:

Season the breast fillets with salt and place in a Medium size 25x38 cm LOOK oven bag.

Close with tie. Cut open a corner of the bag as directed and then roast the chicken in the pre heated oven at 150 C for about 30 minutes. Remove chicken from bag and let rest for 5 minutes before slicing.

Cut beef tomatoes in half and remove seeds. Chop the spring onion and quickly dry fry in pan with the tomato seeds. Season with salt and place the warm mix inside the tomato shells.

Cube or slice the bread and then fry in olive oil in a hot pan until golden and crisp. Boil the rice in salted water (follow instructions on the packet) and then place the drained rice on serving dish.

Fry the goat's cheese quickly on both sides in a dry non-stick frying pan. Assemble the dish: Place the warm sliced chicken on the rice, accompanied by the tomatoes, crisp fried bread and goat's cheese.

Decorate with chopped parsley.