

Taste is in our nature



Cherry tomato and chicken bake

Serves 6

This simple dish takes just a couple of minutes to put together. It is loaded with flavour and colour. Cherry tomatoes give it a depth of sweetness and juiciness.

I have also tried this with a few scrubbed baby potatoes tucked in between the chicken thighs.

Add a mixed green salad or some steamed green beans to make a complete meal.

INGREDIENTS:

- 6 skinless chicken thighs, trimmed
- 500g vine-ripened cherry tomatoes
- 2 cloves garlic, crushed with salt
- 1 teaspoon chopped dried chilli or 2 teaspoons fresh chilli
- ½ tablespoon extra virgin olive oil
- 2 tablespoons basil pesto
- freshly ground black pepper

DIRECTIONS:

Preheat the oven to 200°C.

Grease a casserole dish large enough to hold the chicken close together but not overlapping.

Grind on some freshly ground pepper and a light sprinkle of salt.

Wash and dry the cherry tomatoes.

In a bowl combine the cherry tomatoes, crushed garlic, freshly ground pepper, olive oil and pesto and toss them together.

Pour the tomato mixture over the chicken and cook for about 30 minutes until the chicken is cooked and the tomatoes have burst.

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are ripe with
tomatosity.*

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