

Chicken & tomato jackets with Greek yoghurt

A simple jacket potato recipe, with a creamy and flavoursome filling. Baked potatoes can be cooked in the oven, or in the microwave to save time.

Serves: 4 adults

Preparation time: 5 mins

Cooking time: 25 mins

Ingredients:

4 baking potatoes (each needs to be around 225g)

4 skinless, boneless uncooked chicken breasts

1 tsp dried oregano

8 tomatoes (ripe is best)

150g low fat Greek-style natural yoghurt

4 spring onions finely chopped

1 tsp red pesto (optional)

What to do:

1. Scrub the potatoes, then dry and prick each one several times with a sharp knife.
2. Microwave Method: Cook one potato (225g/8oz) for 6 minutes on full power (800W), turn halfway through cooking. Allow to stand for 1-2 minutes before serving. If cooking more than one potato at a time you need to increase the cooking time accordingly.
3. Oven Method: Rub a few drops of olive oil into the potato skin, place the potatoes in a pre-heated oven at 200°C, 400°F, Gas Mark 6 on a baking. Bake for 1¼ hours or until soft.
4. When the potatoes are almost ready, cut the chicken breasts into bite-size chunks, heat a non-stick frying pan and pan fry until lightly browned on both sides and cooked through for about about 6-8 mins. Add a pinch of dried oregano, rosemary or basil per person.
5. Meanwhile, chop the tomatoes into chunks, discarding the seeds. When the chicken is cooked, stir together the chicken, tomato, spring onions and the pot of yoghurt. Add pesto if you wish.
6. Serve the jacket potatoes with a portion of the chicken mixture and enjoy.

Tip 1: King Edward or Maris Piper potatoes would work best for this recipe.

Tip 2: If you don't have dried oregano, rosemary or basil would also work well.



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Nutritional information:

Per portion (i.e. ¼ recipe)

352.6kcal/1475kJ

2.4g fat

0.7g saturates

0.0g salt

5.5g sugar

