

We are ready.....

Chicken dinner



Suggested portion

Size for recipe

1-2 years - 30g chicken

3-4 years - 40g chicken

Ingredients - Serves 5

| | |
|----------------|-------|
| Chicken breast | 250g |
| Gravy granules | 5g |
| Water | 100ml |

Method

1. Preheat the oven to 190°C/375°F/gas mark 5.
2. Lay the chicken breasts in a roasting tin and cook for 20-25 minutes depending on the size of the chicken breast.
3. Check that the meat is cooked by inserting a skewer. The meat is ready when the juices run out clear or a meat thermometer has recorded a temperature of 180°F (83°C).
4. When the chicken is ready to serve, make up the gravy granules with boiling water according to the manufacturer's instructions.

Serve with roast potatoes, carrots and chopped tomatoes