

Use your favourite herbs if you don't have a house herb mix similar to herbs de provence.  
Oregano, thyme, sage, rosemary, marjoram. These are all great together or on their own.



## Chicken & Tomato Bake

2 servings  
25 minutes

### Ingredients

2 cups Cherry Tomatoes  
1/2 cup Red Onion (sliced)  
2 tbsps Extra Virgin Olive Oil (divided)  
1 tbsp Herbes de Provence (divided)  
Sea Salt & Black Pepper (to taste)  
340 grams Chicken Breast (halved lengthwise)

### Nutrition

Amount per serving	
Calories	366
Fat	18g
Carbs	10g
Fiber	2g
Sugar	6g
Protein	40g
Cholesterol	124mg
Sodium	86mg
Vitamin A	1293IU
Vitamin C	23mg
Calcium	33mg
Iron	1mg
Vitamin D	2IU
Folate	45µg
Magnesium	68mg

### Directions

- 1 Preheat the oven to 450°F (230°C).
- 2 In a baking dish, add the cherry tomatoes, red onions, half of the oil, and half of the Herbes de Provence. Season with salt and pepper. Toss to coat.
- 3 Brush the chicken breasts with the remaining oil. Season with the remaining Herbes de Provence, salt, and pepper. Nestle them with the tomatoes into the dish.
- 4 Bake for 15 to 20 minutes or until the chicken is cooked through and the tomatoes have started to blacken and release their juices. Enjoy!