

SUMMER-IN-WINTER CHICKEN

Chicken for all seasons - Ready in 25 minutes (4 ingredients)

Ingredients

1 tbsp olive oil
4 boneless skinless **chicken** breasts
200g pack **cherry tomatoes**
3 tbsp **pesto**
3 tbsp **crème fraîche** (half fat is fine)
fresh **basil** , if you have it

Method

1. Heat the oil in a frying pan, preferably non-stick. Add the chicken and fry without moving it until it takes on a bit of colour. Turn the chicken and cook on the other side. Continue cooking for 12-15 mins until the chicken is cooked through. Season all over with a little salt and pepper.
2. Halve the tomatoes and throw them into the pan, stirring them around for a couple of minutes until they start to soften. Reduce the heat and stir in the pesto and crème fraîche until it makes a sauce. Scatter with a few basil leaves if you have them, then serve with rice and salad or mash and broccoli.

Making it veggie

Fry the tomatoes in the oil, add the pesto and creme fraiche and serve over griddled halloumi slices or spoon over some spinach and ricotta-stuffed ravioli.