

Chicken Pizzaiola

Servings per recipe: 1

Each serving counts as 1 protein, 1 vegetable

If using chicken, sear each side for a minute or two in a frying pan with a dash of sea salt/pepper (until just browned). Then follow with same steps as below.

Ingredients

- 100 grams steak (or chicken)
- 100 grams of diced tomato
- 2-3 cloves minced garlic
- 1 tsp oregano
- 1 tsp basil
- 1/4 tsp chili powder
- black pepper

Directions

1. Preheat oven to 350.
2. Place 1/2 of the diced tomato in casserole dish.
3. Add meat on top of tomato and top with minced garlic.
4. In small bowl, toss the rest of tomato with the oregano, basil, chili powder, and black pepper. Place on top of steak.
5. Cover tightly with aluminium foil or with lid.
6. Bake 45-60 mins.

