

EASY BAKED CHICKEN MEAL

serves 2

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INGREDIENTS

skinless chicken thighs	250g
carrot	75g
potato	270g
corn (frozen)	40g
broccoli	200g
black pepper	2 teaspoons
mixed herbs	2 teaspoons
salt	½ teaspoon
wolfberry	25g

NUTRITION INFORMATION per serving

Energy	355 Kcal
Carbohydrate	45 g
Protein	17.5 g
Fat	11 g
Saturated fat	2.8g
Cholesterol	34 mg
Dietary fibre	10 g
Sodium	474 mg

Carbohydrate exchange: ~3 exchanges



METHOD OF PREPARATION

1. Preheat oven to 150 degrees Celsius.
2. Wash the chicken thighs and marinate with mixed herbs, black pepper and salt for 10 to 15 minutes.
3. While waiting for the chicken to be ready, cut carrots and potatoes into cubes and cut broccoli into small pieces.
4. Prepare a sheet of aluminum foil and wrap the chicken, wolfberry, corn, carrot and potato and bake for 15 minutes.
5. While waiting for the chicken to be cooked, boil the broccoli till cooked and set aside on a plate.
6. When the chicken is ready, serve it with the broccoli.