

# Balsamic cherry tomatoes with garlic chicken & rocket



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**Preparation** about 15 minutes

**Cooking** about 20 minutes

**Serves** 4

1/3 cup olive oil

3 garlic cloves, finely chopped

Salt and ground black pepper

1 small red onion, finely chopped

500g ripe cherry tomatoes, halved

1 tbs balsamic vinegar

8 (about 750g) chicken thigh fillets, slightly flattened

1 bunch rocket, trimmed

1. Combine 2 tbs oil and 2 finely chopped garlic cloves in a bowl. Season with salt and pepper to taste. Set aside.
2. Heat remaining 2 tbs oil in a frying pan over medium heat. Add onion and cook, stirring often, for 3 minutes. Add tomatoes and remaining garlic. Cook, stirring occasionally, for 2 minutes. Reduce heat, stir in balsamic vinegar, cover and simmer for 5–8 minutes until tomatoes are tender.
3. Meanwhile, preheat a char-grill, non-stick frying pan or barbecue over medium-high heat. Brush chicken with garlic mixture. Char-grill, pan-fry or barbecue chicken for 3 minutes on each side or until just cooked through.
4. Arrange rocket and chicken on serving plates, top with cherry tomato mixture and serve.



### Cherry tomatoes

- The richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.
- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance adverse effects of the sodium in salt.
- An excellent source of vitamin C and also provides vitamin E. One of the many functions of vitamin C is to strengthen the immune system. Vitamin E helps keep membranes around every body cell healthy.