



# Naturally good Chicken balsamic

Great food for training and building a lean body

STARnutrition



## Ingredients (serves 4)

- 500g Free range chicken breast, trimmed and sliced
- 2 tablespoons balsamic vinegar
- 1 tablespoon raw sugar
- 1 tsp crushed garlic
- Olive oil spray
- 260g cherry tomatoes
- 120g baby spinach leaves
- 1/4 cup fresh basil leaves

## Method

1. Marinade sliced chicken in the vinegar, sugar, garlic mixed in a small bowl with salt and pepper. Option, refrigerate for 30 minutes.
2. Spray a large frying pan, using medium-high heat. Sauté the chicken until browned and cooked through. Set chicken aside.
3. Add cherry tomatoes to the pan. Cook for until tomatoes start to soften. Return chicken to the pan. Add spinach. Cook until spinach is slightly wilted. Top with basil and serve. A serving of roasted vegetables can be added for some healthy carbohydrate.

## Ref Information

Super Food Ideas - November 2007, Page 80