

Piri-Piri Chicken[®]

Serves 4

3 tablespoons Olive Oil

Good glug of Reduced Sugar/Salt Tomato Ketchup

Scattering (2 level tsps) of Piri-Piri Spice (from your supermarket) - quite a fiery little number

3 Cloves Garlic - finely chopped

Chicken Breasts - 4 or 6

Mix all the ingredients together well - don't worry if the oil doesn't totally mix in - sometimes it can appear to look curdled, but it doesn't matter.

Add the Chicken (feel free to use Quorn fillets here instead of Chicken). Mix well together.

This mixture can now be left in the fridge for a couple of hours (or overnight), or used immediately.

Place in a baking tray and cook in the oven (gas mark 5, 180 - 190°C for approximately 35 minutes, turning once.

Serve with Wholegrain Rice (or New Potatoes) and Salad. This versatile dish also makes a delicious salad; filled Pitta Bread snack or Sandwich when chilled. It can also be sliced and added to cooked Tagliatelle with reduced fat Crème Fraiche to make a hot, tasty Pasta dish.

If it's a little fiery, add a dollop of low fat Natural Yoghurt at the table. It is quite my favourite dish, and was very popular in my home country

