

Spicy Chicken

Contributed by Rosie and Rick

This really simple recipe from a little recipe sheet that came as a supermarket hand out with a brand of bottled crushed garlic called Galiko. Just ignore this and put in some quantity of whatever garlic and chilli you like. You can leave out the chillie altogether if you want to. Its one we use fairly regularly- very easy, very tasty and very low fat. I tend to use more tomatoes than they suggest- either tinned, or a large jar of crushed Italian style tomatoes.

4 chicken breasts halved
1 jar *Galiko* natural chilli
3 teaspoons *Galiko* Natural garlic
¼ teaspoon cumin
2 green onions, chopped
2 tomatoes chopped.

Arrange chicken in baking dish. In small bowl mix green onion, tomatoes, garlic chilli and cumin. Spoon mixture over chicken and bake covered at 350 for 30 minutes or until tender.