



**CHLOË BOWLER**  
complete wellbeing

## **CHICKEN WITH ARTICHOKE**



### **Ingredients**

- 2 boneless chicken breasts
- 4 artichoke hearts
- 500ml chicken stock
- 12 cherry tomatoes
- 1 onion, 2 cloves garlic
- 1 lemon
- Parsley

### **Instructions**

1. Preheat oven to 190°C. Place the chicken breasts in an ovenproof dish.
2. Pour in the stock, chopped onion, garlic, half the lemon's juice, the tomatoes and artichokes.
3. Mix half the lemon's juice with chopped parsley and keep for later.
4. Cook with foil over the dish for 30 minutes, then remove foil and cook for a further 15 minutes or until the chicken is cooked through.
5. Pour the lemon and parsley mix over the chicken and serve.

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