



## Healthy recipes on a budget

### Roast Chicken Breast with Ratatouille (Serves 4)

[womensnewbornhealth.com.au](http://womensnewbornhealth.com.au)

#### INGREDIENTS

- 2 large zucchinis, cut into 2 cm cubes
- 1 large red capsicum, seeded, cut into 2 cm squares
- 1 large red onion, cut into 2 cm cubes
- 1 small eggplant (300g), cut into 2 cm cubes
- olive oil spray
- 4x150g skinless chicken breast fillets
- 250g tomatoes, diced
- 420g can cannellini beans, rinsed and drained
- 1/2 t thyme

#### METHOD

Preheat oven to 200°C. Place zucchini, capsicum, onion and eggplant in a single layer on a large baking tray. You can use any other vegetables you have handy. Spray with olive oil spray. Place in oven for 10 minutes.

Heat a large non-stick frying pan over a high heat. Spray olive oil spray. Cook chicken for 2 minutes each side or until golden brown.

Remove vegetables from oven. Add tomatoes, cannellini beans and thyme to the tray. Place chicken breasts in a single layer on top of the roasted vegetables. Season with freshly ground black pepper. Return to oven and roast for 10 minutes or until chicken is cooked through and vegetables are golden and tender.

Divide the vegetables between 4 serving plates. Top each with a piece of chicken. Drizzle with a little balsamic if desired