

# Mozzarella chicken with butter bean mash



## Ingredients

4 chicken breasts, boned and skinned  
calorie controlled cooking oil spray  
1 medium onion, thinly sliced  
2 garlic cloves, crushed  
400g tin chopped tomatoes  
3 tbsp tomato purée  
1½ tsp dried oregano  
85g/3oz pitted green or black olives  
2 x 125g packs reduced fat mozzarella, sliced and drained on kitchen paper

## For the butter bean mash

calorie controlled cooking oil spray  
1 medium onion, finely chopped  
1 garlic clove, crushed  
2 x 400g tin butter beans, drained  
good squeeze lemon juice  
sea salt and freshly ground black pepper

## Method

1. Season the chicken breasts with salt and pepper. Spray a large, deep non-stick flameproof frying pan or sauté pan with oil and place over a high heat. Cook the chicken on each side for 3 minutes or until lightly browned. Transfer to a plate.
2. Reduce the heat to low, spray a little more cooking oil into the pan and cook the onion for 4-5 minutes, stirring until softened and lightly browned. Add the garlic and cook for a few seconds.
3. Pour in the tomatoes. Stir in the tomato purée, oregano, olives and 300ml/10fl oz cold water. Bring to the boil and cook for 5 minutes, stirring regularly. Reduce the heat to a gentle simmer and add the chicken. Cook for 10 minutes, stirring occasionally, until the chicken is tender and cooked through. Season to taste.
4. Preheat the grill to its hottest setting. Top the chicken and sauce with the sliced mozzarella. Sprinkle with ground black pepper. Place under the hot grill and cook for 2-3 minutes or until the cheese melts.
5. For the butter bean mash, spray a small non-stick saucepan with cooking oil and place over a medium heat. Add the onion and cook for 3 minutes. Add the garlic and cook for 1 further minute.

Preparation time

**less than 30 mins**

Cooking time

**30 mins to 1 hour**

Serves

**Serves 4**

Recommended by

**7 people**

Boneless chicken breasts browned in a pan then covered in a rich tomato sauce with onions and herbs and topped with mozzarella make a delicious supper. Served with butter bean mash and salad, it provides a healthy and satisfying meal.

With a GI of 36 this meal is **high protein, low GI** and provides 472 kcal per portion.

**By** Justine Pattison

6. Put the beans in a food processor with 100ml/3½fl oz water, a good pinch of salt and pepper. Add the cooked onion and garlic and blend to a thick purée. Spoon back in to the saucepan and heat, stirring constantly until hot. Add a good squeeze of lemon and season to taste.
7. Divide the butterbean mash between 4 plates and add the chicken and sauce. Serve with freshly cooked vegetables or salad.