

# Roasted Chicken Breast, Cherry Tomatoes & Asparagus



**Serves 1- 2**

**Prep 10 mins**

**Cooking 35 mins**

**Easy**

## Ingredients

### Serves 1

1 chicken breast, skin on  
8 sticks asparagus or tips  
6 cherry tomatoes  
2 sprigs rosemary  
1 tsp balsamic vinegar (white or dark)  
1 pinch black pepper, freshly ground  
1 pinch Sea salt  
1 tbsp olive oil  
1tbsp white wine or more

### Serves 2

2 chicken breasts, skin on  
16 sticks asparagus or tips  
12 cherry tomatoes  
4 sprigs rosemary  
1 tsp balsamic vinegar (white or dark)  
2 pinches black pepper, freshly ground  
2 pinches sea salt  
2 tbsp olive oil  
2tbsp white wine or more

1. Make this recipe for one or 2 in a snug-fitting baking dish or to save washing-up, a little tinfoil tray.
2. Preheat the oven to 200°C/180 Fan/gas 6. Put 1 (2) chicken breasts, with its skin left on, in a bowl. Add 8 (16) trimmed sticks of asparagus, 6 (12) halved cherry tomatoes and the leaves from 1 (2) sprigs of fresh rosemary plus a whole sprig of rosemary as well. Toss everything together with a pinch of sea salt and freshly ground black pepper and a drizzle of olive oil. If your breast has no skin, replace it with some greaseproof paper
3. Put the veg into a tinfoil tray and place the chicken and rosemary sprig on top. Season well. Add some white wine and cook in the middle of the oven for 25 to 35 minutes. Serve drizzled with balsamic vinegar.