

Chicken Fillet with Oregano and Almonds

Calories: 738 kcal

Servings: 1

Time: 20 Mins

Ingredients

- 50.00 g Almonds (chopped)
- 1.00 tbsp Apple Cider Vinegar
- 50.00 g Broccoli (steamed)
- 120.00 g Chicken Breast
- 1.00 tbsp Flaxseed Oil
- 1.00 clove Garlic (crushed)
- 1.00 tbsp Olive Oil
- 1.00 tbsp Oregano (fresh, chopped)

Instructions

1. Add olive oil to pan and stir fry garlic for a few minutes, add chopped oregano and chicken fillet, cook until chicken is cooked through.
2. Meanwhile steam broccoli until tender, remove chicken from pan and place on serving plate.
3. Add chopped almonds to pan and stir fry a few minutes until golden and then sprinkle over chicken.
4. Pour over Flaxseed Oil and Apple Cider Vinegar to dress.
5. Serve with broccoli on side.