

Chicken Champ with cherry tomatoes

Serves 4

¼ pt of milk
5 spring onions
2 oz butter
2 lbs potatoes
1 tbsp caster sugar
3 crushed garlic cloves
3 tbsp balsamic vinegar
8 oz cherry tomatoes, halved
1 tbsp olive oil
4 chicken breasts with skin on

Method

1. Whisk the crushed garlic, sugar and balsamic vinegar together. Add halved cherry tomatoes, mix gently and put to one side.
2. Place milk, butter and sliced spring onions in a pan and bring to boil. Leave to one side to infuse for 15 minutes.
3. Peel and boil potatoes until soft, drain, mash and then add milk, butter and onions and mash together. Keep warm.
4. Put olive oil in a heavy based pan and fry chicken breasts for 6 to 7 minutes on each side. When browned add tomatoes and balsamic vinegar mixture and bubble for 2 minutes. Alternatively, grill chicken breaks until cook and heat through sauce in a small pan.
5. Heap mashed potatoes on plates and place chicken breast on top. Spoon over cherry tomatoes and balsamic vinegar sauce.
6. Serve with a green vegetable or salad.