

Ingredients

chicken breasts
garlics
butter
parsley
500g tomatoes
1 onion
olive oil
salt
pepper

Method

peel garlics, oil a casserole dish, put chicken in, squeeze garlics between chicken pieces, cover with salt, pepper and parsley and then put a large knob of butter on each piece of chicken. then cook at 200 deg C for 45 minutes

chop onions and cook in olive oil, then add chopped tomatoes and continue at low temp for 15 minutes, add salt pepper, basil

serve with potatoes or hot bread