**Pizza chicken & Garlic potatoes**

serves 4

* 4 medium chicken breast
* 4 slices lean ham
* 1 ball mozzarella
* 4 tbsp tomato salsa (sugar free if possible)
* 1 lemon

garlic potatoes

* 1 medium sized baking potato per person
* 1 whole bulb of garlic,
* sea salt
* A little olive oil
1. preheat oven to 180 degrees
2. butterfly the chicken breast to make a pocket
3. spoon1 tbsp salsa into each breast, spread
4. slice the mozzarella ball into 8 even slices and insert 2 slices into each chicken breast
5. wrap breast in slice of ham making sure the ham is over the sliced pocket
6. take 4 large squares of baking parchment , place chicken breast in centre of each piece
7. form a little parcel around the chicken folding the edges tightly leaving one end open at the moment
8. squeeze the juice of the lemon equally between the 4 parcels, close the end by folding tightly - bake for 25-30 mins

Garlic potatoes

1. chop the potatoes into 2cm cubes
2. press the garlic bulb gently to release all the cloves
3. peel off the white papery outsides but do not peel garlic
4. place potatoes and garlic into a large baking try drizzle with olive oil and sea salt and toss together
5. bake in oven with chicken for 30 mins until potatoes are golden and crispy around the edges