

# Cheddar-Baked Chicken

*4 servings*

## INGREDIENTS:

- ✓ 1 tbsp milk
- ✓ 1 tbsp mustard
- ✓ 1 cup grated cheddar
- ✓ 3 tbsp all-purpose flour
- ✓ 2 tbsp chopped fresh chives
- ✓ 4 skinless, boneless chicken breasts
- ✓ salad leaves, to serve

## DIRECTIONS:

- Preheat the oven to 400 degrees F/ 200 degrees C. Mix together the milk and mustard into a bowl. In another bowl, combine the cheese, flour, and chives.
- Dip the chicken breasts into the milk and mustard mixture, brushing to coat evenly.
- Dip the chicken breasts into the cheese mixture, pressing to coat evenly. Place on a cookie sheet and spoon any spare cheese coating over the top.
- Bake in the preheated oven for 30-35 minutes, until golden brown and the juices run clear, not pink, when a skewer is inserted into the thickest part of the meat. Serve the chicken hot with salad leaves **(Or anything else that you prefer).**