Baked fragrant chicken

Serves 4

- 4 skinless chicken breast fillets
- 8 rashers of bacon
- 12 sprigs of young lavender
- seasoning of salt, pepper and chilli flakes (optional)
- 120 g cheddar cheese - grated

Preheat the oven to 400F, Gas Mark 6 or 200C (180C fan).

Place each chicken breast in a plastic bag and flatten slightly by bashing with a rolling pin.
This helps it cook more evenly.

Place 3 sprigs of lavender on top of each breast and wrap 2 pieces of bacon around each one to enclose the lavender.

Transfer to a shallow oven proof dish so that the side of the chicken with the lavender on is uppermost and season well with ground black pepper and salt, and the chilli flakes if you decide to use them.

Bake for 20 minutes and then sprinkle on the cheese. Return to the oven for a further 10 minutes.

Serve with new potatoes dressed with minty butter and sautéed courgettes.