My Favourite Healthy Lunch recipe

My favourite healthy lunch is shredded chicken it is very healthy and has alot of protein and carbs and it is my favourite food to eat

How I prepare to cook it

1. Place chicken breasts into saucepan and pour in enough water to cover
2. Bring the boil and simmer until chicken is no longer pink 10 to 12 minuetes
3. Transfer chicken breasts to a bowl allow to cool and shred the chicken with 2 forks

