



Lemon Chicken Breasts

Lemons, are in season in Perth right now & this easy-peasy chicken dinner is perfect for your open range Liberty Chicken breasts. Before you think 70's lemon chicken, give this a try.

Chicken breasts get a bad rap as they can dry out easily but the olive oil, wine & lemon in this recipe will keep it marinated & tender. You can use dried herbs or a combination of fresh- we particularly like sage, rosemary &/or thyme

Ingredients

- 4 medium deboned & skinless chicken breasts
- 1 ½ tsp salt
- 1 ¼ tsp ground black pepper
- ½ cup olive oil, plus 2 Tablespoon
- 1 lemon- no seeds & sliced into thin rounds
- ½ cup dry white wine
- 3 cloves of crushed garlic
- 1 Tablespoon dried herbs or 3 Tablespoons of chopped fresh

- Serves 4

Method

- Season the chicken with salt & pepper then put into a reusable Ziplock bag & add ½ cup olive oil plus all the other ingredients.
- Press the air out of bag & seal. Massage the chicken through the bag to evenly distribute the herbs.
- Marinate for at least 1 hour & up to 6 hours in the fridge.
- In a deep pan with lid, heat rest of olive oil over a medium heat. Remove the chicken from the marinade add to the pan pouring the lemony marinate on top.
- Cook (+- 8 mins) until chicken is golden on one side, turn over, put lid on & cook over medium low heat until chicken is cooked through +- 7 mins.
- Serve chicken topped with lemons & sauce.