



CHICKEN & POTATO IN LEMON GARLIC SAUCE

Nutrition Facts/100 Grams of Chicken: Calories 274, Protein 20g, Carbs 7g, Fat 19g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 65 min



INGREDIENTS

Marinated Chicken

Lemon Juice

Marinated Potato and Onions

Coriander Leaves

Spices

Garlic

Virgin Olive Oil

Lemon Juice

METHOD

1. Preheat oven to 180 C.
2. Arrange marinated potatoes, onions, & chicken in an oven tray single layer. Cover with baking sheet then seal properly with foil.
3. Cook covered for 40 minutes.
4. Remove foil & baking sheet, continue cooking uncovered for 10 minutes.
5. Turn the top grill on high & continue cooking for 5 minutes or until browned.
6. Turn the chicken and potato pieces over on the other side & cook for a further 5 min or until browned.
7. Add lemon juice and shake gently to distribute evenly, simmer in the oven 5 minutes longer or until potatoes are well cooked but not too mushy.
8. Take out, arrange in serving dish, pour cooking liquids over and sprinkle with coriander leaves. Serve immediately.



BON APPETIT