



Creamy Lemon Chicken

Preparation time: 15 minutes
Cooking time: Approximately 20 minutes
Total time: Approximately 40 minutes
Serves: 6 children

Ingredients

- 3 Chicken Breasts, cut into halves
- Olive oil
- 1 large onion, finely chopped
- 1 can full-fat canned coconut milk
- Juice and zest of 1 large lemon
- 1 large clove garlic crushed
- ½ teaspoon salt
- ¼ teaspoon pepper
- Halved cherry tomatoes and chopped fresh parsley to garnish

Method

- Season chicken with salt, pepper, and lemon zest
- Add a generous amount of olive oil to a pan and heat
- Add the seasoned chicken to the olive oil and brown on both sides, about 3 minutes each side
- Remove chicken from the pan and set aside
- Add more oil to the pan if required and add the onion and garlic. Cook until translucent but not brown, about 5 minutes
- Add garlic and lemon juice to the onions and combine
- Add the coconut milk and heat through, thoroughly mixing to ensure a smooth sauce. Cook for about 4 minutes until hot
- Return the chicken to the pan and heat until the chicken is thoroughly cooked, taking care not to overcook the chicken, approximately 5 minutes
- Transfer to a serving dish and garnish with the tomatoes and chopped parsley
- Serve with a bowl of cooked seasoned pasta and vegetables of your choice